



# INDIAN COOKERY

"LOCAL"

FOR

## YOUNG HOUSE-KEEPERS.

BY A. A. I.

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*Containing Numerous Recipes both useful and Original.*

**BOMBAY.**

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BY

NAVROJI FRAMJI

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## PREFACE

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THE Recipes contained in this little work are the collection of many years, gathered in many parts of the Presidency. They were originally noted down as an aid to the authoress herself, for the simple reason that all the books treating on the subject procurable, with one exception are guides to English Kitchens, and hence of very little use practically to Indian Mistresses. The exception referred to is Dr. Riddell's "Indian Domestic Economy," a book which contains a large amount of valuable information, and a great number of useful recipes. But the greater part of the recipes give details of dishes never seen on local tables, though some have the same names—the ingredients are different and the mode of preparation far too troublesome to be adopted in lieu of our more expeditious methods, while at the same time our modes have both simplicity and economy to recommend them. The writer is painfully aware of the shortcomings of this work. She hopes however it will be an aid to young housekeepers, inexperienced in such matters, helping them to make out means, perhaps not too abundant. Every recipe, with few exceptions, obtained from reliable sources, is the result of personal experience, they are written in plain language detailing each step in the process of preparing each Dish so that no person however ignorant she may be on such matters, will find any difficulty both in comprehending the directions and acting upon them.

Bombay, 1863.



## DOMESTIC ECONOMY

—00—

“Housewifery is woman’s home management. Every housewife may not be able to procure the finest and more expensive kinds of food, but she has it greatly in her power to make the most of that which she does procure. Very humble fare by skill and attention may be dressed in such a manner, as to rival the most expensive dishes in both taste and nutritiousness” Note for instance, the homely fare of our native country women. Dishes of pulse and vegetables prepared artistically, and mixed with a due proportion of seasoning, form a tempting repast, agreeable both to the organs of scent and taste, resulting in health, satisfaction and vigour. While our far more costly food, if carelessly prepared is disagreeable both to sight and palate.

The knowledge of theoretical, if not practical Domestic Economy, is a necessity for women. The home arrangements go on more smoothly, if there is a head capable of directing her servants,—while the latter admire a mistress, who has the ability to govern and rule as well as train her domestics to greater perfection, by teaching them more improved methods. This is especially valuable to a cook. A young lad, knowing little, soon becomes under the training of a good mistress, a competent valuable servant repaying for the service done him by faithful service in return. In many a home such may be found, who in cases of emergency or sickness do a great deal of extra work, not only without grumbling but with the greatest cheerfulness, identifying themselves with the interest of the family at all times.

Servants are necessary to comfort everywhere, but in India they are a necessity,—a cook especially. The heat of the climate, and the position of the kitchen, make it impossible for a housewife to visit it often. But it requires to be visited at short intervals, just to see that the place is swept and clean, the table and cooking utensils well scoured, and the water chatties and their contents clean and wholesome.

The kitchen utensils being made of copper, it is necessary to



have them tinned at least once a month, if this is neglected they quickly corrode, and when in that state any food cooked in them is poisonous and causes severe illness—often indeed proving fatal. Food giving a large amount of acid, ought on no account to be allowed to remain in a copper ‘*daehsie*,’ as acids are corrosive and will soon destroy the “*kullu*,” and the vessel then becomes useless for cooking purposes until returned.

About the bazar, it is necessary to prevent disappointment as well as to ensure punctuality that the orders for all that is required, for the day’s consumption be given over night. As often after 8 o’clock, nothing but the refuse of meat is procurable. It would be well for the mistress to visit the market whenever she can, just to see what can be had. A servant has orders to bring a certain kind of fruit, vegetable or fish, which does not happen to be in season, and in consequence he has to pay an exorbitant price, surprisingly high to the Madras as that article was very plentiful a few days before. Hence her disappointment. A visit to Crawford’s occasionally, would prevent both mistakes and wrong orders.

Barbary is said to be a very dear place to live in, and in some respects it is so indeed. But in the matter of provisions no town in the Presidency can be better off. There is so much variety in the market and so much to be had that is really good and cheap for the money, and there is not that knocking about for each thing you require, as in other places.

At the present day here in Barbary, work and labour are looked upon as commendable and desirable and are highly sought after by many young women. A young girl can learn many useful lessons I hope from those pages which she will not regret acquiring as the knowledge of domestic routine is a necessary to good housewifery. In the beautiful picture of a good wife at Lutter’s woman, in the last Chapter of Proverbs, we find her excellence as lightened her own home and although she dealt largely in merchandise, the comfort of her household in every little matter, was well looked after, “She is not afraid of the snow for her household, for all her household are clothed in scarlet.” “She looketh well to the ways of her household and eateth not the bread of idleness.” “If a children arise up and call her blessed her husband also, and he praiseth her.” So could this little book be an aid to any, the labour bestowed on it will not be in vain.







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## *Mulligatawny*

*Good for the sick and convalescent.*

1. Cut a Chicken into 12 or 16 pieces, and boil it in as much water as needed. Take a little pepper turmeric, coriander, and crushed chilly, get these ground up with a little ginger, and garlic, mix the ground curry stuff with the broth of the Chicken and let it boil. After boiling, strain the gravy through a piece of coarse muslin—warm a little ghee in a stewpan, and fry half an onion in it, put in all the meat and gravy together, and stir and boil—(Put no acid in the curry) serve it with cut sour Lamo

## *Sheep's Head Broth.*

2 After the Head is well cleaned, put it to boil, with five tea cups of water, for four or five hours. Strain and keep the Broth aside. When to be served, brown an onion in ghee, remove the ghee, and pour the broth over the onion, add a little salt ground pepper, and minced mint, simmer for half an hour. When the head is first put to boil, have a good fire, when the water boils skim well and reduce the fire, and let the Broth only simmer. A sheep's head will make two tea cups of Broth.

## *Shin Soup*

3. Put the shin to boil in about five quarts of water. Have a good fire at first for about an hour. Skim the Broth well,—when no more foam arises add four onions, a few leaves of mint minced, some coins of whole pepper and a little fresh ginger. Let the whole simmer some hours. Add salt to taste. The Bone must be broken and the meat cut in pieces. Before bringing it to table skim off the fat, which place in another pot brown one cut onion in this, and stir in the broth. It should have a clean bright colour with a brownish tinge and should simmer for four or five hours to make good broth.

## *Peas Soup.*

4. Steep some dhal over night, and boil in three times its measure of water. A cup of dhal would take 3 cups of water. Boil till soft without salt. Add salt and mash it quite smooth. Make some broth, either with sheep's head or beef with Ham bones,



after boiling this for 3 or 4 hours, strain it. Strain also the dhall and mix it with the Broth. Lay in a little ghee some sliced onions, and add the broth — let it cook for another hour. When to be served add mint cut up, and small pieces of toast done very crisp.

#### *Peas Soup without Meat*

5 Materials Half a lb of Peas, a couple of slices of Bacon or salt Pork or a Ham bone. This will answer Directions — Wash the peas removing all skins &c. Put the same in three or four tumblers of water & soaked until perfectly soft, which will be in one or two hours. After the Soup is up let it nearly simmer. Keep the watery part aside and rub the boiled dhall through a coarse clean towel, mixing this with the broth. Cut the Bacon or salt pork in pieces, put this in a stewpan, stir and fry for a few minutes, add the peas soup, when it boils up. Once reduced the fire and let it simmer for a few minutes longer. Have small pieces of toast done very crisp and serve with the Peas soup. Add salt to the Broth if needed.

#### *To Bake Beef in an oven*

6 Place the meat in a frying pan or a deep Dish, with a little ghee or fat over it. Put a little water in the Dish for gravy and sprinkle a little salt over the meat. Allow for each pound twenty or twenty five minutes for the baking. To know when the meat is sufficiently done, pierce it with a skewer or piece of wood, when the gravy is brown, it is baked enough.

The oven must be heated before the meat or Pudding is put in it, a good but moderate fire is needed.

#### *To Bake Meat in a Handee.*

7. Warm a little ghee or melt a little dripping or suet, place the meat in the handee, with a slow fire above and below. Occasionally turn it and baste it with its dripping. Sprinkle over the meat a little salt. For the gravy pour away the fat, put a few spoons of water in the Chatty the meat roasted in, stir a minute or two and pour into the dish the meat is served on.

#### *To Prepare Cow's Heart*

8 Wash the Heart well, make a stuffing for it thus. Soak a slice of Bread in water, press the water from it, and mash it well, add



to it one or two onion seeds, some chopped mint, a good sprinkling of pepper with salt to taste, stuff this into the hollow of the heart, and close with a wooden pin.

Have on the fire a pot large enough for the heart, with a tea cup of water, place the heart in this, when the water boils up reduce the fire and let it simmer till all the water evaporates. Then place another handee on the fire, with a little ghee, when the latter melts, put in the heart. Let this Bake with a slow fire under, and a few coals on the thudai above. The coals require to be renewed. Turn the heart occasionally so that it may roast in every part. The gravy is made by pouring a little water into the pot, after the heart and fat are removed, stir for a minute or two and pour into the dish, on which the heart is placed. This Dish needs to be sent very hot to table.

#### *Buffath of Cold Meat*

9 Curry Stuff, jeera, huldee, pepper, red chillies and a small piece of Coconut to be ground fine in water,—cut up also a small piece of ginger, some garlic and green Chillies. Warm a Handee and heat some ghee fry an onion (if you prefer it), then the ginger, brown also the curry stuff. If for a whole Fowl, add half a Tea Cup of water, a small wineglass of vinegar, and the juice of a little lime ind. When this boils up add the cold meat, have a very moderate fire or the liquid will dry up. When it rises to the Boil three times, it is cooked enough. Let it be kept warm till required. Spices can be ground with the curry paste if liked. This can be made of cold fowl or Beef. Place the meat in a Dish and pour the gravy over when to be served.

#### *Buffath of fresh Meat.*

10. Materials Two lbs of good Beef, 3 or 4 radishes, do carrots, do potatoes, do onions. Grind into a paste with vinegar a little jeera, and mustard seed, each half a tea spoon half a small garlic, 2 or 3 cloves, a piece of cinnamon, turmeric, 3 or 4 red chillies, and a few corianders of pepper. Cut down in the middle, two or 3 green chillies, some green ginger and garlic. Boil the Beef in two tea cups of water with a little salt skim, and let it simmer till nearly tender. Add to the meat the radishes and onion &c. When these latter are nearly done remove and keep aside to keep them whole. When the Beef is tender, warm some ghee in another handee, and brown the meat first, reduce the fire,





add the curry paste, let this brown, and add the curry paste water also the vegetables, cover and let this simmer for an hour or two. Then add the fish, throw in the cat ginger, chillies and garlic. Simmer very gently. Do not let the vegetables be over done. There must be two or three table spoons full of gravy when serving. Place the Beef in a dish with the vegetables round it, and pour the gravy over.

### *To Salt Tongue.*

11 Matoun', one tea cup of salt, a desert spoon of salt petre do brown sugar or goor one or two scallines. Before beginning to salt the tongue cut away carefully all the odder looking bits of fat on it, as these if not removed, will cause it to spoil. Directions mix the salt petre and goor with the juice of the limes, prick the tongue well all over and rub in this mixture. Let it stand for half an hour, rub it well then with common salt, and limes and let it lay in a large 'thaloo', or frying pan, placing a heavy stone over it to allow it to absorb the salt well. Knead and rub it with salt again after an interval of four hours. Do this three times a day for the time the meat lies in salt turning the meat each time. After remaining in the pickle, about three days wipe it dry, and hang it up in the smoke in the kitchen.

### *To Salt Beef.*

12 Beef can be salted in the same manner. If Bisket, remove all the bones, carefully cut away all the little lumps of blood you will find in it, and which if left causes beef to taint. Prick well. A nice red colour may be thus obtained.

For 6 lbs of meat have three pieces salt one piece of goor, one do. salt petre, four limes. Heat a 'Thowa' place the Goor on it, stir and let it brown for two or three minutes, then add a desert spoon of water, stir and make this into a syrup. Add to this the salt petre and the juice of a lime. Stir for a minute or 2 longer. Rub this mixture while hot on the meat, which must be first well pricked. Let it stand for half an hour and proceed according to directions given for Tongue.

### *To Boil Tongue.*

13 Put it to boil in a pot of water, let it cook briskly for an hour, carefully removing the scum. For the next hour let it sim-



mer on a moderate fire. Before sending it to table cut off the horny outer skin, and all the unsightly looking bits on the top. Boil Corn Beef in the same way, and if left to salt only the day previously pour all the pickle in the water you boil it in. Skim very carefully.

To know when it is cooked enough try it with a wooden pin or fork, the gravy will be red if not cooked enough.

#### *Hints on a leg of Mutton*

14 Mutton tastes quicker than Beef, and a leg of mutton there is what the cooks call a Breen (this ought to be removed before cooking). Proceed thus,—lay the Leg with the broad end down, unwrap the fold of fat, and in the centre of the right side make a cut, insert your finger into this, and you will find a ball, almost as large as a marble, remove that, and before you wrap the meat round again, remove any clots of blood &c. that may make the meat go bad, crack the bone at the end and turn it down. Tie the leg with twine. Sprinkle bread crumbs and a little salt (before putting it to bake) over the meat.

#### *Irish Stew*

15 Materials, one lb. of Mutton cut in pieces, a lb. of potatoes and five or six onions cut in slices, a tea spoon of salt, some pepper, a piece of cinnamon, a green chily, a little ginger and a few spoons of milk. (The green chily and cinnamon may be omitted and instead of milk, add a dessert spoon of butter mixed with a dessert spoon of flour). Directions cut and wash the mutton put it to boil with enough water to cover it, skim it well then add the potatoes onions &c. When the stew is boiled add the milk and stir (or the butter and flour). A large breast of mutton takes two hours and half to simmer, before it is tender. If the water dries, add a little more warm water. But let your fire be slow that the meat may boil slowly, and the gravy not waste. You can add the potatoes an hour after the mutton, if you do not wish them to mash up quite.

#### *Beef or Mutton Stew for Pies.*

13 Beat the meat a little to render it tender, fry the same sprinkling some pepper and salt over it. Brown also some minced onions, green ginger, a green chily if liked and a little chopped mint. Put the stew on the fire with enough water for boiling and some



potatoes and onions. Let it simmer till cooked. A little ground spice may be added and a tea spoon of flour to thicken the gravy. Add the flour after the ginger and chilies are browned.

#### *Alamode Stew.*

17. *Materials.* Two lbs of Beef, three or 4 Radishes, two or 3 Carrots, three or 4 onions, a dozen or less potatoes a little ginger a green chilly or 2 and mint. These last three, must be minced. *Directions,* cut the meat in slices and fry it brown in ghee on a good fire sprinkling over it pepper and salt. Remove the meat. The vegetable must be cut the potatoes and onions in halves, and the carrots and radishes half way down the middle. Fry these on the frying pan after the meat has been removed, (adding more ghee if necessary) on a slow fire. When they are browned put them with the meat in a chatty. Brown a little flour in the frying pan and add as much warm water as you need for gravy. Stir this for a minute or two, and pour the gravy thus made over the meat. Add as much water as will cover the meat and vegetable. Let it simmer till tender. Keep the Stew pan closely covered giving the contents occasionally a stir.

#### *Brown Stew*

18. Boil one lb of meat in three or 4 cups of water, till reduced to half, skim well. Add onions, ground pepper and salt, a little mint, a green chilly and cut ginger if liked. When the meat is half cooked, add potatoes. In another pot warm so 10 ghee, brown a minced onion, and half a tea spoon of flour. Brown also the meat and pour in the gravy. Add salt to taste and let the Stew simmer till cooked.

#### *Mutton Stew with Mixed Vegetables.*

19. *Materials.* Two Breasts of mutton, a slice of white Yam two inches thick, a slice of white pumpkin of the same thickness also of red pumpkin, five or six large onions, some pepper and salt, a desert spoon of flour, do. butter. *Directions,* Cut up the mutton and put it to boil with water to cover it. Skim very carefully, and add the onions cut up with enough pepper and salt. Add the vegetables cut in slices when the meat is partly cooked, and do not let them boil to a mash. So remove them when they are getting soft, and put them back to the stew before you remove it





from the fire to serve it up. Mix a desert spoonful of butter to the same quantity of flour and stir in the stew, when the meat is cooked tender. After coming to a boil when just put on the fire let the stew merely simmer till done, and don't let the gravy dry.

### *Country Captain*

20. Cut the fowl in pieces, wash it well and boil in a little water with salt. Warm some ghee and fry some cut onions a light brown and put them aside. Brown the fowl in the same ghee (adding more ghee if needed), with green chillies and ginger cut in slices. Add the gravy, cook for about ten minutes longer, add a tea cup of boiling water or cold, and let the Country Captain simmer for half an hour longer. Serve with the fried onions strewn over. Put in a little pepper if liked.

### *Country Captain another way.*

21. Cut up the fowl, wash and lay aside. Fry three or more onions cut into rings in ghee, keep these aside. Fry the fowl on a good fire so that the juices may not escape and make the meat tough. Stir round carefully to prevent it burning. Fry also some green chillies and ginger. Add a tea cup of water, a little pepper and salt and simmer till tender. When dished sprinkle the onions over.

This dish can be prepared with mutton, Veal or Kid as well as Chicken or fowl.

### *Meat Minced with Mussala.*

22. Meat minced mixed with mussala makes a nice curry and is quickly made of meat either cooked or not. Mode. Grind up a tiny piece of turmeric, a little garlic, spice, jeera, green chillies and ginger. Brown an onion in ghee, then the minced meat, stir well and add the curry stuff, stir and add its water, and about a wine glass more of water. Let it cook only a few minutes, if the dish is made of cold meat. This is a capital curry for Picnics quickly made no acid is needed.

### *Mince for Breakfast.*

23. Materials, Some slices of cold meat minced, also an onion, pepper, salt a tea spoon of flour, a piece of ginger cut fine and a green chilly. Directions, warm some ghee brown the minced onion then the minced meat, stir in the ginger and green chilly cut fine,



mix smoothly a tea spoon of flour in the two tea spoons of water, stir this in the mince. Add salt and pepper to taste and as much water or broth as you need for gravy.

### *Chicken Stew*

24. Cut the Chicken into pieces, cut up a large onion and fry it, then fry your chicken to a good brown, add sufficient warm water or broth, and let it stand over a slow fire, and when it comes to a boil, add some ground pepper, cut mint, ginger, and salt, also 2 small whole onions—Simmer gently until done. This stew can be made into pies.

### *Chilly Fry with Mussala*

25. 1 lb of meat either raw or cooked. Directions, warm some ghee, and brown an onion then the meat if cooked for a few minutes only, if uncooked have a good fire and brown it well. When the gravy dries add the curry paste. The curry stuff,—red chillies, jeera and garlic ground, and green ginger cut in slices. When the Mussala is "bagathed," add two tea cups of water, two whole onions, the cut ginger and sufficient salt. When it boils up, reduce the fire, and let the "Fry" simmer for an hour or more till the meat is tender. Add Tamarind juice in proportion to the heat of the chillies. There must be nearly a tea cup of gravy when serving. The meat must be cut in small pieces.

### *Chilly Fry without dry Mussala No. 2.*

26. 1 lb of meat, a little fresh ginger, 3 or 4 green chillies, 3 or 4 onions, a little ground pepper, and the juice of Tamarind. Directions,—Warm some ghee and fry the onions cut into rings, keep aside the half of the browned onions. Next brown the meat cut into small pieces, have a good fire, cover the pan and shake occasionally to prevent it burning. When the gravy of the meat dries, reduce the fire, add the chillies &c which brown slightly, pour in two or more tea cups of water, with a little salt, and let the chilly fry simmer for an hour or two, or till the meat is tender. Then add the Tamarind pulp. Before serving add the fried onions that were kept aside. There must be about a tea cup of gravy.

### *Lobscouse.*

27. Materials some cold Corned Beef minced, one tea cup full, two tea cups of cut up Potatoes, do the same of onions, some,



pounded pepper. Directions Put a layer of the meat in a handee, and over that a layer of potatoes and onions and so on. Add sufficient water to cover the whole. When it comes to the boil, skim carefully, stew in the lopper, stir and let the stew simmer. Add more water as the gravy dries. The Potatoes and onions will dissolve, and mix with the gravy. When done enough, add salt to taste. This is a Sea dish. This dish is very nice made of cold mutton minced, instead of Corn Beef. It will burn if left unstirred.

### *Fish Stew.*

28. Plain Fish Stew of Bombloes or Oyster is to be made like meat stew. A cut onion fried, a little flour added and browned, some minced ginger, a green chilly, pepper and salt to taste added. Oysters have their own liquor, and fresh Bombloes need very little, as they likewise give out plenty.

### *Stew of Salt Bombloes*

29. Take as many dry fish as required, and wash them in two or three waters do not let them soak, cut them into short lengths—warm in a pot some ghee, fry the bombloes till brown for about 5 minutes and keep aside, then fry 2 large onions cut up, when these are partly browned add some green chills a little ginger, and garlic, fry these for a minute or two before adding the acid (some tamarind juice). Make about two wine glasses of gravy, and lastly add the Fish.

### *Dhall Curry very simple*

30. Boil half a tea cup of "Sootie" Dhall in two tea cups of boiling water. If Sootie is used do not wash it, rub it in a dry towel first, and before putting it to boil mix a little ghee with it. This makes it boil quicker. Add no salt till the Dhall is cooked, and becomes soft. Curry stuff cloves, a small piece of cinnamon, jeera, turmeric and two or 3 red chillies, and a few corns of pepper. A little roasted coconut may be ground up with the mussala, or the milk of coconut added to the Dhall curry. But it is good without. Grind the mussala, which stir with the boiled dhall, stir, cover and let the curry boil for some minutes. Warm some ghee in another chatty, and brown some cut slices of garlic, when these are nearly browned, throw in a little jeera seed, (whole) after a minute or two add the dhall curry and stir well. Cover the pot and allow



it to simmer a few minutes longer. No acid is needed.

### *White Pumpkin Curry.*

31. Cut up the vegetable in inch pieces. For curry paste grind up a few red chillies, jeera, turmeric, garlic and green ginger. Separately grind up  $\frac{1}{2}$  of a coconut. Directions mix the curry stuff with half a tea cup of water in a handee, together with the ground coconut, curry stuff water and one or two green chillies cut down in the centre, stir this well and throw in the pumpkin. Cover close and let this boil till the vegetable is cooked enough. Remove place a clean handee on the fire, warm some ghee and fry a bit of onion pour in the curry and brown slightly, add sufficient salt.

N. B.—It will be well to remember this that when coconut milk is put in this Egg, or fish curry the milk breaks if covered, unless there happens to be no salt whatever in any thing it is composed of. In the absence of salt the curry will not break though covered. Coconut milk may be substituted instead of ground coconut.

### *Large Brinjal or Mock Fish Curry*

32. Materials. One large Brinjal a piece of turmeric, a whole or half a coconut, according to the amount of vegetable, an onion cut into rings, green chillies, ginger and garlic cut fine, half a small tea cup of good vinegar, one egg some flour and salt to make a batter. Directions Cut the Brinjal in slices, wash them, sprinkle a little salt over each slice, and lay as before some minutes, to allow the water to drain off. Make a batter with the flour, egg, water and salt, dip each slice in this and fry in ghee. Let the fried Brinjal stand to cool.

Scrape the coconut very fine, add to this the vinegar, and press all the milk you can get into a tea cup, keep this aside. Add some warm water to the raspings again and again, and get as much liquid as you will need for your curry. Strain this through coarse muslin. Colour it with pounded turmeric, put it in a chatty, throw in the cut onion, green chillies garlic and ginger, place the chatty on the fire, stir the mixture until it begins to thicken, then add the prepared vegetable, let the curry boil a few minutes longer. Add the milk and vinegar a few minutes before the curry is to be served, and be careful about the matter of salt. Do not add any till after the Brinjal are put in, on account of the salt that was sprinkled over





the slices. The chillies can be cut down the middle, and have some of a pretty colour, it forms a pleasing contrast to the rest. Serve with fried Tamarind Fish.

### *Brengall Curry.*

#### *A Native Dish*

33 Cut some small Bringalls half way down the centre, in four. Throw them in water. Roast two desert spoons of dhunna, some red chillies, a little 'Shajeeera', a piece of cinnamon, pepper and cloves on a 'Thoa' or iron plate. Have one eighth of a coconut, cut in two slices, roast this a little on a fire of coals, roast also two small onions, cut down half way, without removing the outside skin, and a piece of bulbe. After the onions are roasted, remove the outer skin and grind them fine with all the other curry stuff and coconut, three or four slices of garlic and a small bunch of green "Kotemur" and salt. Remove and drain the water from the Bringalls, stuff each with the ground mussala. Warm some fresh oil in a 'chatty', and throw in half a tea spoon of mustard seed, cover the pan and when the seeds are still, add the vegetables cover,—and let them roast for about five minutes, shaking the handee occasionally to prevent burning,—then add the rest of the mussala, brown this also and add its water. Add a tea cup more of water and let the curry simmer. When the stalks of the Bringalls are tender, the curry is sufficiently done, add salt to taste. This curry has a dark colour.

### *Snake Vegetable Curry with Mince Meat.*

34. Materials One snake gourd, some mince meat, half a coconut scraped, two onions, some ghee, salt. For curry stuff, to be ground fine without being roasted, red chillies, jecira, turmeric and garlic. Directions Remove the skin of the gourd by rubbing it with salt, cut it into four inches lengths and boil in water with salt for fifteen minutes, without removing the inside portion. Take half of the scraped coconut, and with a little warm water press out some thick milk. Keep this as do. Grind up the rest very smooth till it resembles butter and keep handy. Remove the inside of the vegetable after boiling it. Warm some ghee, and brown a cut onion, then half of the mussala, when the latter is nicely browned, add the mince meat. If the meat has been cooked before, let it fry no longer than ten minutes, if raw, cook it for a few minutes longer.



Fill this into the hollow of the vegetables, and keep aside. Place another chatty on the fire, warm some more ghee, and fry another cut on on, then the remaining portion of the mussala, and the ground coconut, add the stuffed vegetables and roast them for five minutes, then add the curry stuff water and as much water as is needed for gravy. Lastly add the coconut milk. No acid is required.

### *Snake Vegetable Gourd.*

This can be cut in lengths and boiled like French Beans.

### *Square Beans*

This also can be cut in lengths and boiled like French Beans. The jagged sides must be removed.

### *Curry of Mixed Vegetables with or without Mixed Meat*

#### *A Native Curry (Recipe given by a Native Lady).*

35. Material. A dozen small Tringalls, do potatoes, do onions, do "Thinlee" Some wall papree Beans or "Batana" or Greenpeas. To be ground up red chillies, jeera, Dhunnea roasted, turmeric, spice, green ginger and garlic. Scrape three or four coconuts and grind with the mussala. Cut the vegetables in four down the centre half way, throw them in a basin of cold water. Cut up in bits a bunch of green kotemar. If you add minced mutton mix with the mussala and kotemar leaves, fry this in ghee with sufficient salt, remove the vegetable from the water drain them well and stuff their hollows with the mince. Place a clean chatty on the fire, pour in a tea cup or more of sweet oil boil it well, throw in a little good "Hing" powdered. Take down your chatty from the fire and arrange the vegetable in it according to their colour and form, strewing the Peas between to give it an agreeable look. Let it roast for some minutes. Add two or three seers of water and simmer till the vegetables are tender. Serve in the same or a sepai, pinning a sheet of paper round,—or should you prefer a dish arrange the vegetables prettily.

### *Cucumber and Prawn Curry*

36. Materials. Prawns, Cucumbers, an onion cut into rings, green chillies, garlic, ginger, and half a coconut. The coconut must be more if this quantity is insufficient, a little raw dhunnea and turmeric ground fine. Directions. Scrape the coconut and



with a little warm water press out some thick milk, keep this aside. Add warm water again and again, till you get a small tea cup of liquid, mix the ground mussala with this, and strain the mixture through a coarse muslin. Throw in this the onion, cut ginger, garlic cut into slices and green chillies cut down the centre. Cut the Cucumber in pieces two fingers long and two broad, lay these aside without putting any salt with it. (Do this first) Boil the Prawns and Cucumber together with the onion in the thin milk. Cover and let it boil for half an hour, when the gravy is partly dried, add the thick milk and salt to taste. After the thick milk is added don't cover the pot.

### *Green Chilly Curry.*

37 Materials, 1 seer green chillies cut fine, quarter tola turmeric powder, quarter seer dry dates to be cut up fine, quarter seer white dry cobra cut in fine little bits, not scraped, quarter seer almonds cut fine one desert spoon of salt, one seer goor, one piece tamarind (the pulp of this). A piece tamarind in Bombay is about one third, or half a seer. Place your chatty on the fire with about one eighth seer of fresh oil, when this boils throw in a pinch of the best hing powder, then all the materials you have cut up. Stir this well and let it roast for five minutes. Cut up your goor mix it with the tamarind pulp and add to the curry. Cook on a very slow fire for one hour. Let there be a little gravy when you take it down from the fire. It will keep for eight days. Colour the curry with turmeric powder.

### *Mangoe Curry*

38 Materials Six mangoes to be cut in halves, jeera, huldee, some rice seeds mustard seeds, and a dozen red chillies, a piece of fresh ginger and some garlic. The chillies and methes to be roasted on the "floor," and the huldee in the fire. Grind the curry stuff (not the mustard seeds) with a piece of green ginger. Warm some oil, to remove all rancidness from it, throw in the boiling oil some coarse salt then a little cold water. When it boils up throw in a little mustard seed. When these cease spluttering put in the mussala and let it blow nicely add the mangoes and some cut garlic. Put a little water to cook the mangoes and salt. When the mangoes are soft the curry is sufficiently cooked. It will keep seven days.



*Soiak.*

39 Materials. Ten or twelve pieces of Cocum, a salt spoonful of jeera, a piece of turmeric, some slices of garlic a bit of fresh ginger, three or four dried chillies the last five articles to be ground fine together, an onion cut into rings and ghee. Directions Warm the ghee, and brown the onion, add and brown the curry paste wash the "Cocum" well and throw in the saucepan, with the mussala, add the water of the curry stuff and sufficient water to make the curry. Simmer till the curry is done

*Fowl Curry*

40. Materials A Fowl cut up and washed well, a large onion cut up in rings The same curry stuff as used in Beef curry, prepared and ground in the same way tamarind or sour lime for acid, and the milk of half or a whole cocoanut Warm a table spoon of ghee, brown your onion, remove half of this and put in your Fowl, cover the chatty and let it roast on a good fire, shaking often lest it should burn. When the water dries and the ghee appears, put in your curry stuff, brown this on a very slow fire, till it gives out a pleasant smell Boil the fowl either in the cocoanut milk you press out with warm water the 2nd or 3rd time or with plain water The liquid must be enough to cover the meat and sufficient to cook it tender. Add the acid when the meat is tender Pour in the thick milk of the cocoanut and the fried onions ten minutes before serving. Add salt to taste

*Fowl Curry.*

*A good way if the Fowl is not Tender and not Young.*

41. Materials A large fat Fowl cut in pieces and boiled for a couple of hours, or till tender An onion cut into rings, half a cocoanut, quarter to be ground into a fine paste and remainder scraped and the milk squeezed out with warm water. A pie worth of tamarind for acid. This is to be washed, soaked and the juice pressed out. The curry stuff to be ground, three table spoons of coriander, eight dried chillies, a piece of saffron, a piece of fresh ginger, eight slices of garlic, half a tea spoon of pepper, a couple of almonds and a table spoon of plums or raisins and one tea spoon of jeera Directions Put a desert or table spoon of ghee in a chatty, when it boils, brown an onion slightly, then brown the curry stuff nicely, keep





the meat as desired and brown the Fowl for some minutes, add the scraped coconut, stir this for a minute or two and add the broth, let this boil up. Add the acid and lastly the cocoanut milk with salt to taste. Boil the Fowl with water enough to cover it and have broth enough to make the gravy for your curry.

### *Chicken Curry.*

42. Materials. A chicken cut into pieces, a desert spoon of ghee and a small onion, a piece of turmeric, 6 slices of garlic, a tea spoon of kus kus, half a tea spoon of jeera, some corns of pepper, two desert of coriander, a piece of cocoanut roasted, one lime or tamarind juice for acid, three to six chillies, a little spice if liked and a piece of fresh ginger. Directions. Roast your dhunnea (and sift the skins), also the red chillies and kus kus. Grind all your mussala into a fine paste with the cocoanut. Warm the ghee and brown the onion slightly. Reduce the fire and stir in the mussala, add the chicken with a little salt and let it brown slightly on a good fire. Cover and shake your chatty. Add as much warm water as you need to boil your chicken with. Simmer on a slow fire till the meat is tender, then add the lime juice. You can use more ghee and less mussala if you think the curry will be too hot.

### *Simple Meat Curry*

43. Materials. Beef or Mutton vegetables, an onion ghee tamarind. To be ground fine for curry stuff, red chillies, a little mustard seed, jeera, kus kus, turmeric, garlic and green ginger (and a piece of cocoanut if liked). Directions. Cut up the meat as usual, fry for curry and simmer it for half an hour. Then stir in the curry paste and vegetables, cover close to prevent the aroma of the mussala escaping, shake occasionally the pan. When the meat and vegetables are cooked, add the tamarind juice and let the curry simmer on a few minutes longer. Heat another pot and brown an onion in some ghee stir in the curry and let it cook for a few minutes longer. Serve with Rice.

### *Meat Curry*

44. Materials. 1 lb. of Beef or mutton, half a cocoanut, an onion. Mussala, jeera, pepper, two or three red chillies, a piece of fresh ginger, some slices of garlic, two wine glasses of coriander



roasted and the skins sifted, a small piece of turmeric. Prepare the curry stuff in the usual manner, and press out the milk of the coconut. The coconut can be pressed out thick and added a few minutes before serving. Cut up the meat in inch pieces, and boil in two tea cups of water with a little salt, until tender. Heat a handee, warm a desert spoon of ghee and brown slightly a cut onion, add the curry stuff and brown that nicely, add the curry stuff water, and the broth (there must be about half a tea cup of this). Let this boil up, then add five or six pieces of 'ambose' (dried mango) for acid. Simmer gently. Some minutes before serving add the pure milk. Vegetables may be added but must be cooked before the curry has the acid.

### *Meat Curry called Massalla Fiy*

45. Materials. Half lb., of meat, half a tea cup of dhunnea, a little cinnamon cloves, and cardamon spice, jeera two or three red chillies half a tea spoon of kus kus a piece of turmeric do fresh ginger some slices of garlic and  $\frac{1}{2}$  of a coconut, or a little less. Roast the corander, chillies and coconut on the Thoa and grind them with the rest of the mussala into a fine paste. Boil the meat first. Warm some ghee in another handee and brown slightly an onion cut up, stir in the curry stuff and meat together and brown nicely, add the broth and if you want to, some vegetable. Simmer gently. Lastly add the acid.

Curry can be made without boiling the meat first if the latter is tender. After browning the onion and curry stuff brown the meat and simmer it either in coconut milk, or water till tender, when add the acid.

### *Fithath Curry*

46. This is a very hot curry, too hot for some. Materials one lb of Beef, a table spoon of ghee one onion, 3 pods of tamarind and 3 or 4 table spoons of vinegar. The curry stuff to be ground with vinegar. Half a tea spoon of jeera 8 or 10 corns of pepper, 6 red chillies a piece of turmeric 4 cloves 4 cardomons and a piece of cinnamon. Cut the green chillies down the centre the garlic and green ginger into slices. Directions. Put the ghee in a pot on the fire, warm it and fry a cut onion, also the green chillies, ginger and garlic slightly. Add the meat cut up usual, cover the pan and let it cook



in the ghee. Have a good fire or your meat will get tough by the extraction of its juices. Shake occasionally to prevent it burning. When the gravy evaporates and the ghee appears, add the curry paste (reduce your fire) and let it brown till it gives out a pleasant smell. Be careful that it does not burn. Lastly add the curry stuff water and a tea cup of water. Extract the juice of the tamarind with three desert spoons of vinegar. Add this to the curry. Simmer gently till ready. Omit the onion if the curry is wanted for the day following.

### *Mince Meat Curry with Green Mussala.*

47. Ingredients 1 lb of mutton or tender beef minced, one onion minced. Grind up a bunch of kotemeri (corander leaf) two or three green chillies, a few slices of garlic, a little jeera and turmeric and a piece of fresh ginger. Directions Mix the curry paste and the minced meat together, with a little salt, warm some ghee, brown the onion first, then stir in the mince and fry it nicely, then add a small tea cup of water, and let the curry simmer gently with a slow fire below and a coal or two and hot ashes on the cover. Renew this last as the heat dies. There must be very little gravy. This mince curry is very nice put into paste and fried as Patties.

### *Mince Patties.*

48. When made into Patties, mix and prepare the paste as for scones, cut pieces out with a saucer, put a desert spoon full of mince in each, close well and fry or bake.

### *Kobobs*

49. Kabobs are made with the same materials as cutlets, but simply made into balls and fried without egg and bread crumbs. The gravy may be made in the same way as made for cutlets.

### *Kobob Curry*

50. Kabobs can be made into curry thus, grind up a little dhunna, jeera, turmeric, garlic, red chillies and ginger, scrape  $\frac{1}{2}$  or half a coconut according to your proportion of curry, press the milk of this and keep aside. Warm some ghee and brown a cut onion, then the curry stuff, brown this nicely, add the curry stuff water, and as much water as will be almost sufficient for gravy with



a little salt, cover and let this cook well,—add the Kabobs and lastly the cocoanut milk

### *Cold meat Curry.*

51 Materials. Cold roast meat, a sour lime, a couple of onions, a piece of roasted cocoanut all the missala you put in meat curry, with two tea spoons of slightly roasted kus-kus, no spice. Directions. Cut up the cold meat and keep it aside, grind the cocoanut very fine (removing its dark skin,) till it is as soft as butter. Grind the curry stuff separately. Pound an onion, warm a spoonful of ghee and throw in the onion, brown it slightly, add your curry stuff, brown this till it smells pleasantly, add the ground cocoanut and stir for a minute or two longer, then put in the meat and the curry stuff water. Let the curry simmer, adding as much warm water as you require for gravy. In a few minutes it will be ready. Add the lime juice just before serving.

### *Mutt Bajee*

52 Materials. About eight or six bundles of Mutt Bajee a large onion cut in rings, a piece of fresh ginger cut fine, green chillies do, garlic do, a slice of meat mixed or a table spoonful of small prawns cleaned and washed, salt, a desert spoon of ghee or some fresh oil. Directions. Wash and drain the greens well. Slightly brown the onions and add the greens, a little at a time, when this is partly cooked, add the prawns and salt, stir and let it simmer till done enough. Don't let it become too dry.

### *Tomatoe Foogath*

53. Remove the skin and seeds and keep the pulp. Cut up several onions, some green chillies, ginger and garlic. Fry the onions &c, and then add the tomatoes. They give out a deal of water and require a good deal of ghee. To make a soup plate of foogath, you will need three or four sours of the fruit. Add salt to taste. Let it simmer till all the water of the vegetable dries. Be careful it does not burn.

### *French Beans Foogath*

54. Materials. French Beans cut down in three, and across, one onion, green chillies and ginger cut in slices. A quarter of a cocoanut scraped. Directions. Warm ghee or oil and brown an onion,





then the chillies &c, add the scraped cocoanut, stir and cook this nicely, add the French beans (first washing and draining them.) Let the vegetable roast a little covered up add some water and let it simmer on a slow fire. Add salt to taste. On the cover of the chatty, place coals and hot ashes, which renew when necessary.

### *Goonsalla Foigath.*

55. Materials Gocusalles, small prawns shelled and washed, red chillies, pepper, turmeric and jeera, an onion and a piece of ginger. Remove the skins of the Gocusalles, cut, wash and keep them aside. Grind the curry stuff. Pound the onion and ginger separately. Warm some ghee, if rancid, purify it by throwing a little cold water on the ghee when it is well warmed. When the noise ceases, put in the onions and after two or three minutes, the ginger. Give them a good stir about, add the curry paste, when this is browned, throw in the prawns. Let the latter brown nicely; and add the paste water. Lastly add the vegetables, they give out a good deal of water, consequently require no extra water. Add salt to taste, and simmer till the vegetable is cooked.

### *Kurilla Foogath.*

56. This is an exceedingly pretty looking vegetable but very bitter, though considered by the natives to be very wholesome. Preparation. Cut it in slices, sprinkle salt well over and lay aside for one or two hours. Roast a piece of cocoanut and scrape off its dark skin. Roast also all the curry stuff that is browned for meat curry, grinding all together with some slices of garlic and ginger. The kurilla, as I said, must be sprinkled well with salt and left to stand for some hours. Then mash it well and wash in water. Add fresh water three times and mash it well to remove as much of the bitterness as possible. And if you like give it one boil up, throwing the water away in which it was boiled. Directions. Let it stand in water while you brown three onions minced, either in fresh oil or ghee, add the curry stuff, when the latter is nicely browned, fry some minced mutton. Add the kurillas, stir and let it roast a few minutes, add the curry stuff water and as much water as will be needed to cook them. When the vegetables are soft they are sufficiently cooked. Prawns can be substituted for the minced meat.



*Samball.*

57. Materials Fish, red chillies, turmeric jeera, garlic,—these (4 last) are to be ground up for curry stuff, green chillies and ginger to be cut in slices. Cocoanut one sixth part of the amount of your fish, scraped fine, a few curry leaves and salt and an onion minced. Directions. Boil the fish, remove the skin and bones of it after boiling. Grind it up fine. Warm some oil and brown your onion, add the ground curry stuff. Let this fry nicely, add the green chillies &c. Stir for a minute or two longer and put in the fish, salt and curry leaves. After the fish is well fried, add the cocoanut, stir and let it simmer for five minutes longer.

This dish is very nice made of Prawns. The prawns must be boiled in their shells, the shells removed, and the meat ground fine. Prepare it in the same manner.

*Methi Bajee with minced Meat.*

58. Materials. A dozen bundles of Bajee,  $\frac{1}{2}$  lb. meat minced, one onion, two green chillies, five slices of garlic, a piece of ginger. Directions. Warm some ghee and fry a out onion nice and brown, then add the mince meat and fry that also, cut up two green chillies, five slices of garlic and a piece of ginger, and brown these slightly with the meat. Steep the bajee (after it has been carefully washed) in water for five minutes, drain it from the water and throw it in the pan with the fried meat, stir the contents. Cover the pan and let it simmer gently, shake often to prevent it burning, add salt. When the water dries and the ghee appears you will find it done enough. Small prawns can be substituted for the mince meat.

*Fresh Bombloe Curry*

59. Ingredients, four large or six small bombloes. Grind half a salt spoon of jeera, a bit of turmeric, four slices of garlic, four or five corns of pepper, four or six red chillies, a piece of fresh ginger. Prepare a table spoon of tamarind pulp. Directions. Cut an onion and fry it in ghee. Brown the curry paste nicely, then add the tamarind pulp,—let it boil up and add the Bombloes, previously carefully washed. This fish gives out a deal of water, sufficient for the gravy of the curry. When the curry boils up two or three times it is done enough. Add salt to taste.



*Salt fish Curry*

60 Wash the salt fish well, cut it into pieces of two inches in length. Steep it in water for half an hour, or longer if very salt. Grind for curry stuff red chillies, jeera, pepper, garlic and turmeric. Brown a cut onion either in fresh oil or ghee. when that is sufficiently done, add the mussala and let that cook on a slow fire, stirring carefully. Let the latter brown till it emits a pleasant smell, then add the curry stuff water. If you wish to put Brinjalls in this curry, put it in now with a little salt. When the vegetable is boiled and soft add some tamarind, juice, stir well for some minutes and add the fish. Cover the handee and let the curry simmer for some minutes. Lastly add the cocoanut milk. Shake the handee to prevent the curry burning. If on tasting it you do not think the curry hot enough, add one or two green chillies cut down the centre. Should it be too hot add more cocoanut milk.

If Potatoes are liked in salt fish curry, boil some separately, and add it just before you put in the milk.

*Salt Bombloe Curry. Native Mode.*

61. Materials. A dozen salt bombloes, three middling size bringalls, three onions, half a small cocoanut fresh or dry, a table spoon of coriander, a few pepper corns, three or four red chillies, a tea spoon of anise seed, a piece of turmeric, a small stick of cinnamon, two or three cloves, one elcher, a tea spoon of kus kus, a little salt. Directions. Remove the heads and tails of the fish, and broil them for a minute or two on coals, turning them about. Rub them a little to remove all the joint portion. Cut each fish into two or three bits, and wash in warm water, three times renewing the water. Lay them aside. Cut the bringalls down in four pieces, and lay them in a bowl of cold water.

Warm sweet oil and stir in it a onion, the cocoanut cut up in pieces and all the curry stuff (with the exception of coriander) brown all this a minute or two. Grind all of them with the coriander into a paste. Warm best sweet oil, and brown two minced onions, then the ground mussala, put in together the bringalls and fish, cover and let them cook some minutes, add as much water as is needed for



gravy Let the curry simmer, add tamarind juice when the vegetable is cooked,—and salt to taste.

*Fresh Bamblow stew or Aggsall.*

62 Directions Cut into rings an onion and into fine slices a little ginger, garlic and green chilies. Warm some ghee and brown the onion slightly, then add the ginger &c stir and cook this for a minute or two. Add the fish, and a little water coloured with turmeric. This fish, like oysters gives out a deal of water, so don't let there be more than a wine glass put with the fish. Should more be needed, you can add a little. Cover the handee, and let the stew cook on a moderate fire, shaking the pot occasionally to prevent burning. A spoon if used would break the fish. When it rises two or three times to the boil, see if the stew is cooked. When it is half cooked add a little vinegar, according to taste.

*No 1 Prawn Curry with Coconut Milk.*

63 The curry stuff is the same as used in meat curry ground fine. The milk of half a coconut. Keep the thick milk aside, add more water and press out as much as you need for gravy. Directions. Brown slightly an onion in ghee, then the curry paste. When the paste is browned, add the prawns, sprinkle a little salt, stir well and brown nicely. Add the thin milk and the water of the musala. Simmer till the Prawns are done, then add the acid,—either tamarind juice, green mangoes, Plumbees, or lime juice. Five or ten minutes before serving the curry, add the thick milk. If vegetables are added put them in at the same time as the watery milk, and let them be well done before you introduce the acid. The vegetables mostly used in Prawn curry, are wall papiee, white pumpkin, Drumsticks and potatoes.

*No 2 —Prawn Curry without Coconut,*

64. Wash the prawns, sprinkle a little salt over them, and keep aside. Grind up the same musala as for No 1. Brown an onion in ghee, then the curry stuff, wash the prawns again (to remove extra salt) and add them to the curry stuff. Fry them till dry. Then add the tamarind juice and enough water to cook the fish. Let the curry simmer till done, very little gravy is needed, as this curry is almost dry.





### *A simple Fish Curry.*

65 The same curry stuff is put in meat curries, a quarter of a coconut ground separately very fine. Wash the fish well. Press out the juice of tamarind, which mix with the curry stuff in a clean handee, with the ground coconut, mussala water, and as much water as you need for the gravy. Put the fish in this. Place another pot on the fire and run some ghee brown a bit onion, then add the fish &c. Cover well and let the curry simmer gently until done. Shake occasionally to prevent it burning. Add salt to taste.

### *Poreege Curry.*

66. Materials. Fresh fish, a small or large coconut according to the amount of fish. Grind up a little rice, turmeric and mustard. Have some onions cut up, green chilies, ginger and garlic. Squeeze some thick milk from the scraped coconut, and keep this aside. Strain the milk you get the second and third time into a clean handee, after you have mixed with it the ground turmeric &c. Stir in this the cut onions, ginger &c. Put this to boil, stir till it thickens, add the fish, when the fish is cooked add the pure milk. The acid can be Bilambee, mango or tamarind and can be added with the fish.

### *Fish Curry with Vinegar and Coconut Milk*

67 Materials. Some slices of Fish fried and cold, one coconut scraped fine, half a tumbler of good vinegar, four large onions, several green chilies cut down the middle, green ginger and garlic sliced, a piece of turmeric, a little rice and dhunnea, these three last are to be ground in water. Directions. Add as much vinegar to the coconut scrapings as will give you when pressed half a tea cup of milk. Keep this aside, add warm water to the coconut and press out more milk. Mix the ground curry paste with a small tea cup of water, add the remainder of the vinegar to this and let it stand. Warm some ghee and brown the onions cut in rings, the garlic &c, add the mussala and water, cover and let it boil up twice. Pour in the thin milk, keep the pan uncovered, stir well for a few minutes. Add the fish and when it is cooked, the thick milk. Shake the chatty carefully, add salt to taste, and don't let the curry boil up after the last milk is added. It must only simmer.



*Moyle Curry of Fish.*

68. Fry the fish and let it get perfectly cold. Curry stuff,—jeera, pepper, turmeric, ten or twelve chillies, some fresh ginger and garlic. Grind all the curry stuff excepting the ginger and garlic with vinegar, and cut the ginger and garlic into slices. This curry needs a tea cup of vinegar and a pie's worth of tamarind. Wash the tamarind well, and with vinegar press out the juice, mix this with the rest of the vinegar and the mussala, ginger and garlic. Put this into a well tinned vessel and place on a moderate fire. When the curry boils up twice, add the fish. After the fish is added and boils up twice, remove from the fire. Leave the dish open till the curry is quite cold. The quantity of curry stuff is the same as in the recipe for Fithbath meat curry, and will be sufficient for a large pomfret or for six or seven slices of my large fish. If this curry is needed for no longer than the day following, the curry paste may be ground with water, and water may be used to extract the pulp of the tamarind. To keep the curry a longer time, vinegar alone must be used in its preparation.

Moyle of Meat or Fowl is prepared in the same way, with the addition of cinnamon, cloves and cardamoms, ground with the curry paste.

*Stuffed Prawns Curried.*

69. Materials. Some large Prawns, some scraped cocoanut (a table spoon or two according to the amount of your prawns) jeera, turmeric, green ginger, garlic, a green chilly and you may add pepper. Grind the cocoanut with the other curry stuff, green ginger &c. Carefully remove the heads of the Prawns and keep aside. Remove the meat from the body, and keep the shells. Grind the meat of the Prawns and mix it with the other ground curry stuff with salt. Stuff some of this into each shell, pin on the head with a small skewer, fry this and keep it aside, while you proceed to make the curry thus. Take some thick milk from the scrapings of half a cocoanut, strain and let it stand. Mix water three times successively, and get a tea cup more of liquid, strain this into a clean handee, throw in green chillies cut down in the middle, garlic and ginger cut in slices, stir and let this boil, when it begins to thicken



pour in the thick milk, stir,—and before serving carefully put in the Prawns

### *Egg Curry No. 1*

70 The same curry stuff as for meat curry and the milk of half or a whole cocoanut. Press the cocoanut raspings with a little water, and keep the milk that comes from it aside, add more water again and again, till you get nearly a cup full more. Soak a little tamarind that you have well washed in a little water. Directions. Warm some ghee and slightly brown a cut onion, add the curry paste, stir and brown; then add the curry stuff water and the thin cocoanut milk. When it rises to the boil twice, add the tamarind juice. Before serving, put in the hard boiled eggs cut in halves, and the thick milk. Let it cook a few minutes after the milk is added.

### *Egg Curry No. 2*

71. Materials. Some hard boiled eggs cut in two, green chillies, ginger garlic, green mangoes or tamarind pulp and half or a whole cocoanut a little turmeric. From the cocoanut raspings, press some thick milk with a little water, which keep in a cup aside. Add more water again and again, and get as much liquid as you require for the gravy of your curry. Directions. Put the watery milk in a handee, and throw in the green chillies cut down the centre, the garlic and ginger cut in thin slices and half an onion cut in rings. Colour with a little ground turmeric, add for food, slices of green mango, Bilimbee or tamarind juice. Place your handee on the fire and stir the mixture till it begins to thicken, then add your eggs, or first let the curry boil up once or twice. Lastly add the thick cocoanut milk.

### *Egg Curry No. 3.*

72 The curry stuff composed of the same ingredients as used in meat curry, ground fine. Grind fine also  $\frac{1}{2}$  or less of a cocoanut. Mix in a handee the curry paste, its water, the cocoanut, and some tamarind juice, and add as much water as will be needed for gravy. Let this simmer on a slow fire closely covered, that the "Aroma" may not escape. Shake often that it may not burn. When it begins to thicken, warm some ghee in another stew pan and brown a cut onion, stir in the curry, and let the gravy brown a little. Before serving add the hard boiled eggs. A tea cup of gravy is sufficient for a curry for four or five persons. It will take an hour to prepare.



### *Sack, Sack Fish Curry.*

73. **Materials** Fish A Pomfret or about six slices of Sooruy. Grind up five red chillies, a small garlic, twelve corns of pepper, one tea spoon of jeera, a piece of turmeric, and a slice of cocoanut. Cut up an onion, prepare some tamarind pulp, and get a few curry leaves to flavour the curry,—salt and ghee. **Directions.** Brown an onion in good oil or ghee,—then the curry paste, add the tamarind pulp to the fried curry stuff. Taste the mixture and see what is wanting. Add salt, enough water for gravy and a few curry leaves. Cover the chatty till the contents boil up, and then lay in your fish by slices (if it be Sooruy) into the curry. Let it boil for some minutes. Don't use a spoon after the fish is added. Shake the sauce-pan by holding it with your two hands.

### *Curry of Green Plantains.*

74. **Materials.** Six plantains, an onion, good ghee or oil. Cut up in slices garlic, green chillies, and a piece of fresh ginger. Scrape finely half a cocoanut. Grind fine three red chillies, a piece of turmeric and a tea spoon of jeera. **Directions.** Cut up the plantains and lay them in cold salt and water for an hour. Cut and brown the onion,—add and fry the ground mussala. When it is nicely fried, add the green mussala. Stir this a minute or two, and put in the plantains. Cover the sauce-pan. Let there be a very slow fire while they are being cooked. Turn the vegetable carefully round, and allow 't to mix with the mussala, and slightly break in. When it is soft, carefully throw in the scraped cocoanut, turn the mixture round and cook for five minutes longer. Small white prawns washed and shelled, can be put in this curry. (Skin the plantains or only cut away with a knife the green portion.)

### *Simple Vegetable Curry.*

75. **Materials** Wall-papri, French Beans or Pooria Pens Potatoes, carrots or any vegetable. The curry stuff to be ground fine,—red chillies, garlic, pepper, jeera, turmeric and a piece of fresh or white dry cocoanut. Cut into rings onions, and have fresh sweet oil or some good ghee for frying the curry stuff &c., a little salt. **Directions.** Wash and cut the French Beans and Wall-papri as is usual. place them in a bowl, and pour over them boiling water and





It cover close and keep the cap well covered for some minutes. Drain the water off. Brown the onion,—then add the curry stuff, when this is nicely fried, put in the vegetables, allow them to roast a little in the curry stuff. Then add the mussala water, salt to taste, and as much water as will cook the curry and give enough gravy. Shake the chatty occasionally to prevent the curry burning. Potatoes and carrots are cut into slices and together or mixed with any other vegetable are made into curry, according to the same process.

### *Rice to Boil.*

76. Boil half a chatty of water, wash the rice and put it in the boiling water. When it boils up, throw in some salt and stir the rice. Keep on boiling till on pressing the rice between your fingers, only one grain is felt, then take down your chatty and keeping the cover on, drain off the water. Keep the chatty in which the rice is in, turned down on a table, with a prop at one end, to let any remaining water drain away. Before serving, turn up the handle, wet a coconut shell spoon in a little cold water, and stir the rice to separate the grains. The water must be some inches above the rice, and must boil brisily.

### *Kidgerie.*

77. Materials. Half a tea cup of Soorthie dhal, one tea cup of fine rice, a desert spoon of ghee, a little salt. Directions. Put the Dhal to cook in boiling water, when it is half cooked, add the rice. The water must be two fingers above the rice and dhal. Throw in a little salt and stir. Let the kidgerie cook on a slow fire without being stirred, occasionally stir it a little in the centre, just to keep it from burning with the handle of the kitchen spoon. When the water dries, pour some good ghee round the sides of the chatty. When the grains of rice and dhal are soft the kidgerie is ready. Thor and Mussoori dhal too,—make this dish, and preferred by many to Soorthie. If the last mentioned dhal is used they can be boiled together with the rice.

### *Pullow*

78. Materials. A Fowl, some table rice, ghee, plums, (kismis) almonds blanched and cut into slices, three or four whole onions, two or three cut into rings, cloves, cinnamon, cardamoms, and some hard



boiled eggs. Directions Put the fowl to boil in sufficient water with three or four small onions till it is tender. Fry first the plums in ghee and keep them aside, then the cut almonds, remove the latter and fry the onions. Keep each aside separately. When the fowl is boiled brown it also and keep it aside. Next fry the rice in ghee, and add to it the broth, which must cover the rice, and be two and a half fingers above. While the rice is boiling, add a little salt and the spices. Stir the rice occasionally to prevent its burning. Serve in a flat dish. Place a layer of the rice and then the fowl. Cover with the rice. Cut the hard boiled eggs in halves, and arrange them over the dish, strew over the rice the fried onions, almonds and plums.

A large fowl if tough requires one or two hours to boil, and four or five tea cups of water, if tender three cups of water and less time. Pellow can be made very good with a Chucker bone and a pound of neck bones made into broth. The rice boiled in this broth, makes excellent Pellow.

### *Cocoanut Rice.*

79. Materials Half a lb. of fine rice half of a large cocoanut, three or four small onions, a few cloves or some corns of pepper, a little turmeric for colouring and salt. Directions Scrape the cocoanut, mix some warm water with the raspings again and again, till there is sufficient liquid to cover the rice and be three or four fingers above. Colour the cocoanut milk with a little turmeric. Add the rice after it has been well washed to the milk. Have a good fire at first. When the rice is nearly cooked, reduce it. Throw in some salt and the spices, also the onions. The latter must not be cooked too soft, so as to mash up. Be careful that the cocoanut rice does not burn.

### *Steak Pudding made in a Cup.*

80 Have some puff paste, line a sneaker with some, and cut a piece for the cover. Pepper and salt some chops or steaks, put a layer of this at the bottom of the cup, over this some cut onions, potatoes and carrots, a little cut mint and spice if you like. Over this a layer of meat. Add enough water for gravy and cover with the paste. Press the cover firmly to the other paste. Let the Cup stand in a pot with boiling water reaching half way. It needs two



hours cooking on a good fire. The boiling water must be renewed as it dries. The stew can be cooked first and then put inside the paste.

### *Minced Cutlets of fresh Meat*

81. Materials. One lbutton or Beef, 1 Egg, 2 onions, a little mint, chillies and ginger, salt and pepper. Directions. Mince the meat, onions and mint, add salt and pepper to taste, and make them into round balls. Rub over the balls the egg beaten. Place each Cutlet over some bread crumb, and form into an oval shape. Heat the frying pan warm some ghee and fry. If gravy is required, pour away the ghee and add a little warm water. Stir for a minute and pour in the dish when serving. Or pour a tumbler of water or broth in the frying pan with the fried cutlets, cover close, and let it simmer till the gravy be reduced to half. Spice may be added if liked.

### *Cold Meat Cutlets*

82. Materials. One lb of cold Beef or mutton minced fine and pounded on a board with the 'Kotia'. Moisten the mince with a little gravy or water. Add minced onion, with its juice pressed out, some powdered spice and pepper, some cut mint, green ginger green chilies, and a slice of bread soaked and well squeezed. Two slices of stale bread made into crumbs by drying and pounding, salt to taste. Put the meat pulp and the other ingredients together mix them well with a raw egg, form the mixture into balls, put a layer of bread crumbs on the board and lay the ball of meat on it, form it into the shape of a cutlet, sprinkle a thick layer of crumbs over this and fry brown in ghee or dripping.

### *Sheep's Head Cutlets.*

83. After the head is boiled, let it get cold. Remove the bone, lay it flat on a clean board or a dish. Grind up one onion, a piece of ginger, some corns of pepper, a couple of green chillies, a few leaves of mint and sufficient salt. Mix this with an egg broken. Put this over the meat, sprinkle bread crumbs, well over and fry in ghee or dripping.

### *Sheep's Brain Cutlets No 1*

84. Remove the Brains from the broth when the latter boils up



twice. Let it stand to cool. Cut into slices and prepare in the same manner as cutlets.

### *Brain Cutlets No 2*

85. Put the Brains i to cold water, place the chatty on the fire till the water boils. Remove them from the fire and allow them to stand till quite cold. Cut fine some leaves of mint green chillies green ginger and a onion. Mash the brains smooth, stir in pepper and salt to taste and the minced herbs. Warm some ghee, brown a minced onion, add the brains, stir well till the mixture becomes almost dry. Let it cool. Form into the shape of cutlets, egg, bread crumb, and fry them a light brown.

### *Potatoes and mince Bowl.*

86. Materials. Boiled Potatoes mashed (with a little flour if liked). Some cold mince with a little English sauce for seasoning. Put a layer of potatoe paste to line the inside of a buttered sneaker, fill in the mince, and cover with a potatoe crust pressing the edges together. (Make a little gravy of bones and cuttings of meat.) Place the sneaker in boiling water, reaching half way, boil it for 15 minutes or longer. Turn it carefully on a dish before serving. Pour some nice gravy round to serve with it.

### *Mince Pancakes.*

87. Materials. Half a seer of milk, two or three eggs, 1 lb. of flour, bread crumbs, some mince made according to recipe given elsewhere, but without gravy, an egg for the outside of the Pancakes. Directions. Beat two or three eggs well in a chatty, stir in it, your flour and milk, with a little salt. Make it into a smooth batter. Fry a large spoonful at a time, on one side only. Do the rest in the same manner. Put a little of the mince in each, roll it up, rub egg over, and sprinkle with bread crumbs. Fry again in ghee. They ought not to be crisp and must have a light colour. The mince must be made dry, no gravy is needed.

### *Potatoe Chops,*

88. Materials. Some cold meat minced, onions, mint leaves, green ginger and green chillies cut fine. Some pounded pepper and salt. Remove the skin of the Potatoes before boiling them. Mash





the boiled potatoes well, allowing no lumps to remain, and before the mince is enclosed in its paste work it out smoothly with the "Bellon" Directions Prepare your mince thus. Warm some ghee and brown the minced onion, then stir in the meat and herbs, with pepper and salt. Let the mince cool. Form a lump of potato paste into a ball, and mould the same into a small shallow cup, place some mince inside the hollow, cover with potatoe paste. Form into shape, egg and bread crumb each, and fry in ghee a light brown.

### *Beef Sausages*

89 Two lbs of Beef from the round, and half a pound of suet, to be minced fine, seasoned with salt pepper and spice pounded, and mint leaves. Mince the latter and dry it on the thorn on the fire. Mix all well together, fill the intestines, tying them at intervals, and hang them in a cool place. Or pack them in a jar, and cover them with a thick layer of melted suet they keep well thus. I may add as information for some who do not visit "Crawfords," that intestines well cleaned are to be had in a part of the Beef market, -and also that meat is well and cleanly minced near the same place, by men who apparently do nothing but that work. Fry the sausages in ghee, prick them a little to prevent the bursting.

### *Potted Beef.*

90 Materials. Corn or any cold Beef pounded fine. Pepper and cloves pounded fine also, green ginger and mint minced small, all mixed together with salt to taste, and a little water. Simmer on a low fire till nearly dry. Pour over the whole, half a tea cup of clarified butter, stir and allow this to cook. Let it stand to cool. Press into a small jar or cup,—the butter must form a cake at top to preserve the whole and exclude the air.

### *Fresh Bombloe Cutlets.*

91 Cut the heads of the fish open them and remove the bone. Wash the fish well and mince it fine. Press away all its water, mix with the minced fish pounded pepper, salt, minced onion green ginger, green chillies and flour (rice) sufficient to make the mixture into balls. Roll in flour, press into cutlets shape, and fry a nice brown.

### *Bugeas,*

92 Materials Gram flour, onion minced. Turmeric, jeera, and



chillies, to be ground into a paste. Mix all together with the flour, mix with the mustard water, mix with it either methekabees or pieces, or prawns. An egg may be added or omitted. Fry the small ones like fritters. If acid be liked, add a little tamarind juice.

#### *Cheese Toast,*

93 Grind some Cheese fine mix with it mixed mustard, butter and the yolk of an egg. Have the slices of bread ready toasted, and when the ingredients are well mixed, spread the mixture over the toast. Hold the slice of bread on a fork over the fire, until the spread looks a nice brown.

#### *Salt Fish and Tamarind Sauce,*

94 Wash well some slices of Salt fish, and steep them in water to remove the saltiness for  $\frac{1}{4}$  or  $\frac{1}{2}$  an hour. Fry in ghee, or sweet oil some citronous green ginger and chillies, add tamarind pulp, (not too thick) stir till cooked. The fish must be first fried nicely and placed on a hot dish. When the sauce is made pour it over. Serve hot.

#### *Dhope, Boiled Fish and Sauce,*

95. Boil a large Pomfret or a Mullet, in water coloured with saffron. Throw in a little salt. For the sauce, beat up an egg, add to it when beaten two or three spoonful of the water in which the fish was boiled, with two desert spoons of table vinegar. Beat this mixture well together. Put a chutney on the fire and warm some ghee, brown slightly in this and onion cut into rings, cut ginger, green chillies and garlic. Add salt to taste. Stir and let the mixture thicken then pour the sauce over the fish, and serve hot. The fish must be first drained and placed in a hot plate.

#### *Omelet,*

96. Take 4 eggs (or more) and beat the whites, to a good froth, and add the yolks, to the whites, add also a little pepper, salt, and minced onion, and minced green chilly, and mix the whole well together for a minute—warm a desert spoonful of ghee in the frying-pan, and pour in the batter, it will cover the pan like a cake, let the fire have a moderate blaze and when the under part is brown and



firm, fold the omelet (either on, or off the fire,) and hold the pan aslant to allow the butter to run under the omelet for a minute

N B — This dish must not stand before being fried, or it will not be firm

### *Puff Paste with Suet.*

97 Flour 1 lb. Suet  $\frac{1}{2}$  lb. Directions Chop the suet very fine on a board, remove all the skins &c roll it with the "bollen," and place it in a cup of cold water to clean it Stir the fat in the water to remove all the blood Press it well with your hands, after taking it from the water, extracting all the liquid Roll it again with the "Bollen" into a paste, and cut into pieces with a knife, and remove every bit of skin. Roll it again and again, till it becomes a soft paste

Knead the flour with a little salt and water well, till the dough feels soft, when pinched. Roll it out cut it into squares of three inches, place one piece over another, and roll out again. Do this twice before you add the suet and twice after. Make the suet into two cakes, and the paste into three. Put first a cake of flour, then on the top of that, one of suet and so on. A cake of flour comes on top. The cakes of flour must be a little larger than those of suet. Roll this out, cut in squares, place one square over another and roll out Do this twice and make your crust for pies Sprinkle your board well with flour, and when you are going to use the Roller, sprinkle flour over the dough. Should your suet be rancid, prepare it by frying, according to directions given in the other recipe.

### *Puff Paste raised with fried Suet.*

98. Cut  $\frac{1}{2}$  lb Suet in pieces, and fry till it melts. Pour the dripping thus made into a pot of cold water, and pour cold water over it from another vessel holding the same very high. This will cause the suet to rise to the surface, harden and appear white like Rolong Let it cool, and grind it up on a stone, first pressing out all the water Make the suet thus prepared into puff paste, in the same manner as you do with raw suet This makes delicious puff paste, and if your suet happens to be stale is the best way to purify and sweeten it

### *Puff Paste with Butter for Fruit Pies.*

99 Materials  $\frac{1}{2}$  lb fine flour,  $\frac{1}{2}$  lb. Rolong, 4 or 5 ozs. of butter



a day or two old. (Butter becomes hard if kept a short while, and better adapted for pastry and cakes) Mix the Rolong and flour separately with water and a little salt, knead them well for half an hour, cover with a damp cloth and keep in a cool place, for as long a time. Knead the paste again, and let it stand again. Do this at intervals for three or four hours. When you have well kneaded them separately, unite the flour and Rolong, and work them together. Pull out the paste, and mix some butter with it, working it well. Sprinkle your board with flour, make your paste into a large ball, lay it on the board, sprinkle some flour over, and with a wooden roller spread it out into a thin sheet. Spread butter all over. Cut your sheet into oblong squares, four inches long and three broad. Place these pieces one over another, sprinkle dry flour on your board, below and above the paste, and with the roller work it out to the size needed. Cut your cover by the dish you mean to bake your pie in. Cut the edges into strips for the sides of your dish. (Never pull your paste into shape, this spoils the rising.)

#### *Travellers' Beef.*

100 Cut slices of Beef as for Beef steak, three inches long, and a little less broad. Grind up turmeric, jeera, mustard, red chillies and spice and salt. Rub this mixture well over the meat, and let it stand for some time. Bore a hole and string each piece on a twine, hang it out in the hot sun to dry. It is simply broiled.

#### *Mussala Beef-steak.*

101 Beefsteak rubbed over with the same ground curry paste may be kept in a jar or bowl, for a couple of days, before being cooked. The curry paste had better be ground in vinegar, and add to the meat some cut garlic, and good vinegar. It is to be fried like Beefsteak.

#### *Mango Chutney.*

102. Materials Fifty mangoes, one eighth seer of red chillies, one eighth seer of garlic. Three good pieces of fresh ginger,  $\frac{1}{2}$  lb. of raisins,  $\frac{1}{2}$  lb. of plums, one lb. of dry apricots,  $\frac{1}{2}$  lb. of sugar. Two bottles of vinegar,  $\frac{1}{2}$  lb. of salt or according to taste. Directions Cut the mangoes, remove the seeds, skin and cut them up in pieces, and place in a large basin. Grind the chillies in vinegar, or





pound fine and sift through fine muslin, and mix in the vinegar. Grind the ginger and garlic separately, also the raisins and apricots. They must each be ground in vinegar. The plums may be left whole, only washed in vinegar. And part of the garlic may be sliced. Let the stones of the apricots be broken, blanch the seeds and cut into slices. No water must be used. Mix all together with the mangoes in a basin stir in the sugar, and part of the salt. Taste and see what is wanting. If more "hot" is needed add more chillies pounded and sifted, and as much salt as is needed. You may let this stand for some hours, and use your own judgement in the proportion of ingredients. Proceed thus. Boil the remainder of your vinegar, stir in your mixed mangoes &c., and let the chutney cook for some minutes, stirring occasionally till you find it done enough. (Two bottles of Cross and Blackwell's vinegar, may be found too much, and half a lb. of sugar too little. Consult your own taste about this.)

### *Red Tamarind Chutney*

103 Materials One seer red, new tamarind, the stones and fibres removed, wash a few pieces at a time, in a cup of vinegar. Some dry red chillies ground, or pounded fine, half a seer of garlic, three or four pieces of ginger, one seer of apricots, do plums, two bottles of vinegar, one seer goor, one seer sugar. The kernels of the apricots sliced, some oz of salt. Directions. Grind the tamarind, rejecting any hard pieces in them, grind also the apricots separately. Half of the garlic, ginger and plums can be ground, and half cut in slices. Each article to be ground separately in good vinegar. Boil the vinegar, goor and three or four oz of salt together, stir in all the chutney materials, and simmer on a slow fire. Add what is wanting (but use no water) to make the taste what you wish it to be. Twice or thrice boiling up will be sufficient. You must take care that your chutney is well tuned. As soon as the chutney is a little cool, fill your bottles leave them open till perfectly cold, when stopper. Should your tamarind happen to be old, after washing it in weak vinegar, soak it in good for some hours; rub the pulp through new net, mix it with the ginger, garlic, plums, salt, sugar and chilly powder, also the vinegar. The sugar can be added either dry or made into thick syrup. Taste the Chutney and give it the flavour



you like,—you may omit the goor, and use more sugar. Place all together in a well tinned vessel, and boil for a few minutes. Bottle when cold.

#### *Mint Chutney*

104. Two lbs. of fresh mint,  $\frac{1}{4}$  lb. of pepper,  $\frac{1}{2}$  lb. salt, 1 lb. of brown sugar,  $\frac{1}{2}$  lb. of garlic, 1 lb. of tamarind. Directions. Get as new and as good tamarind as you can, wash it in vinegar by dipping a few pods in a cup of vinegar, shaking them in the same, and removing them directly. Before you wash them, remove the seeds and threads also the husk. Wash the mint leaves also in vinegar. Grind all the materials together with a little vinegar. Boil a bottle [of good vinegar, and pour over the whole. Bottle when cold.

#### *Roselle Chutney.*

105. Materials. Five lb. of Roselles removed from the seeds. Two lbs. brown sugar, 2 lbs. plums, 4 ozs. of green ginger, 2 ozs. of red chillies, 4 ozs. of garlic, 4 ozs. salt, a little pepper and spice. Directions. The fruit must not be washed, but picked clean, and wiped in a soft cloth, and ground in vinegar. Grind each of the ingredients separately in vinegar. The best would be to put the ground Roselles in a clean bowl, and stir in each of the articles that is to be mixed with it, by degrees, so that you may not make the Chutney too hot for your taste. Put the Chutney into clean bottles that have been well washed and dried. It keeps well. The vinegar for Chutneys must be *Cross and Blackwell's*.

#### *Sour lime Chutney*

106. Materials. Red chillies ground in vinegar, garlic, sugar, green ginger, dry dates. Take 50 sour limes, cut 25 down, stuff them with salt, and dry them three days in the sun, bringing them in at sunset. (Give them a shake before putting them out in the sun in the morning.) After three days, mince them fine, and grind all the other ingredients in vinegar, and mix with the juice of twenty-five limes. Mix the sugar as well as the other things according to taste. Bottle the chutney and let it remain a week, to take away the bitterness of the limes, before using it.

#### *To Salt Fish.*

107. Get a fine fresh fish, the fish woman will cut it up for you



in slices by paying a small sum. To keep it fresh,—sprinkle the pieces with salt in the market. Directions Wash each slice carefully in water two or three times. Remove all blood. Rub every part with powdered turmeric after you have well dried the fish. When the turmeric powder has been well rubbed, sprinkle it well with pounded salt. Put a layer of fish in a large thalee, sprinkle salt well over, and put another layer over. Repeat this till you have thus packed the whole. Cover the top with paper or plantain leaf, over which place a heavy weight (a heavy stone). Cover the thalee with paper or leaf also. A piece of tamarind placed in the hollow of each piece of fish is said to be an improvement. Turn the fish after it has been in the salt for 12 hours. On the following morning string the fish a few inches apart on twine and hang it in the sun to dry for a couple of days bringing it in before sunset. \* This salt fish may be used for curries or for tamarind fish.

#### *Tamarind Fish*

10° Materials Four bottles of good vinegar, one bottle of weak, one seal fish. Half a seer of dry red chillies,  $\frac{1}{4}$  seer of saffron, one eighth of cleaned jeera, a seer of new tamarind free from seeds, two or three tea spoons of whole pepper. Dry the red chillies, jeera and buldee well in the sun, grind each separately dry, very fine, and sift the powder through a fine muslin sieve. Wash the tamarinds a little at a time in a cup of vinegar, mix it well with some good vinegar and press out the pulp. Wash the salt fish in the weak vinegar, and mix it together with the ground mussala and tamarind pulp. Place this in a stone jar, throw the whole pepper on top with a tea spoon of table salt. Cover with good vinegar. The fish for this preserve, to be salted according to recipe given above. The Bombay seer is 11 oz, 3 drams and a fraction of our English weight.

#### *Lime Pickle*

109 Materials Fifty lines, salt powdered one seer, a piece of moche seed, or about three wine glasses,  $\frac{1}{4}$  seer of mustard seed, one eighth of a seer of turmeric.  $\frac{1}{2}$  a seer of mustard or gungloy oil,  $\frac{1}{4}$  of a tola of the best 'hing'. Good 'Hing' is white and bitter and looks like gum. Directions Make the hing into powder, remove the skins from the mustard, and pound the seeds fine, grind the



methes and turmeric dry separately. Cut each lime in four half way. Put a chatty on the fire with the oil, let it boil, till it makes a noise, take it down, stir in first the hing powder, next the mustard flour, methes and turmeric. Stir the flour well in the oil. When this is cold, add the salt. Fill each lime with some of this mixture, pack in a jar. The oil must float and cover the whole well over. Stopper it well.

### *Carrot Pickle.*

110 Materials. Red Carrots, salt green chillies garlic and green ginger, mustard seed, vinegar. Cut the carrots down in four, sprinkle well with salt and put them in the sun to dry for three days, bringing them in at nights. When well salted, wash them in vinegar, and place the carrots in a jar, with the chillies, ginger and garlic. Cut the two last in slices. If the jar is a ginger preserve jar, get a pece worth of mustard seeds, remove the skins and throw them in the pickle. Fill the jar up with vinegar.

### *Onion Pickle.*

111. Materials Small onions, salt, pepper, red chillies, vinegar. Directions Lay your onions in salt for a night. They give out a deal of water. Wash them in the same water, and put them to dry in the hot sun on a white sheet, spread over a mat. Let the onions dry for one day, turning them so as to dry both side. Get good vinegar, throw in some pepper and red chillies broken in pieces, give this one boil up, and pour over the onions. Bottle when cold.

### *Mango Pickle Sweet.*

112. 50 Mangoes . . . .				
Mustard . . . . .	} Ground fine in vinegar	{	22 oz.	
Methe . . . . .			11 oz.	
Red chillies . . .			11 oz.	
Saffron ground dry. }	...	...	...	5½ oz.
Garlic cut in slices }	...	...	...	
Pepper whole ...	..	...	..	3 oz.

Sweeten to flavour. Salt to flavour, vinegar to flavour, and  $\frac{1}{3}$  of a bottle "Sursale" or Sweet oil. Directions. Wash the mangoes (while whole) well, and dry them thoroughly. First cut a little of the top part off, then cut them either in four without dividing them, or in pieces. Be careful not to let a drop of water touch





them. Mix the mangoes with the mussala first, then add the vinegar and oil. Sweeten to flavour with clean jaggery.

### *Mango Pickle.*

113. Materials. Fifty raw mangoes cut down half way in four's, each mango must be filled with salt, and kept in salt for a day or two. Mussala

$\frac{1}{2}$ Seer Methes One Seer chillies $\frac{1}{2}$ Seer saffron	}	These three articles must be pounded fine.
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Two seers Mustard,—only remove the skins. One seer garlic—cleaned and put in whole. Mustard oil.

The mussala must be mixed with equal quantities of the salt water of the mangoes, and mustard oil,—after the mussala is all mixed, you must stuff it in the mangoes, and put them in a jar, then throw in the rest of the salt water, and last of all the mustard oil, which must entirely cover the mangoes. Shake the jar well, and cork securely.

### *Mango Balachong.*

114. Materials. 12 Green mangoes, pared and sliced, 12 red chillies, a tea spoon of jeera garlic, a piece of turmeric, some pepper, two tea spoons of mustard seeds, two tea spoons of methes seeds, The methes seeds must be slightly warmed and then ground with the rest. Half a coconut to be scraped fine, and made slightly brown on a 'Thoa' or "Thille". Three large sized onions minced, green ginger and green chillies, some curry leaves and salt. Directions. Warm some fresh oil and fry the onions chopped up fine. Grind the mussala and brown this also, add the mango, and stir it well with the ground curry stuff. Add to this a garlic cut in slices, also green ginger and six green chillies cut lengthways. When these are well mixed, put in the coconut and stir well together adding also curry leaves and salt. Cover your chatty and let the Balachong simmer till the mangoes are soft. This keeps for many days, but the oil must well cover the top.

### *Balachong of Prawns*

115. Materials. A large cup of prawns shelled and ground fine. Two seers of onions, one piece of red chillies, one tea spoon of jeera



one and a half tea spoon of pepper, two pieces of turmeric, two pieces worth of green ginger, or six pieces,  $\frac{1}{2}$  seer of garlic, and 5 or more green chillies. Twelve Bilambies, or as much as you get at Crayford's for two pice, and some curry pak leaves, salt. Directions. Mince your onions, warm half a bottle of oil and fry your onions brown, then the prawns and dry curry stuff ground. Add the green ginger, the garlic and green chillies cut fine, the bilambies cut in two. Stir and add the curry pak leaves and salt. Let the Balachong simmer, till cooked well. Keep the chatty over, and when it becomes quite cold, put the Balachong into a clean jar or bottle, and cover tightly. The oil must float on the top. It will act as a preservative. If the Balachong does not taste sufficiently acid, squeeze and strain some sour lime juice, and drop this in some minutes before you remove it from the fire.

#### *Balachong of Duck Eggs*

116. Balachong of Duck Eggs is made with the same curry stuff onions &c, as for prawns, and cooked in the same way, only in clarified butter, instead of oil, and plenty of it, so that it may float on the top to exclude the air. Prepare the eggs thus. Break them into a large cup beat them well, warm ghee, pour in the eggs, stir and fry up well on a slow fire. Let the eggs cook, and use this in Balachong as you do prawns. It will be well to make a note of this, taste your Balachong, and see what ingredient is deficient in it. If too hot, it needs more acid and prawns and onions, if too sour it needs more chillies. Perhaps I ought to add, that a thing so highly spiced, ought to be sparingly eaten, like pickles and Chutney.

#### *Bringall Salad*

117. Materials. A large bringall, an onion minced, also green chillies and ginger, a wine glass, or more of milk pressed from coconut scrapings with vinegar. Directions. Roast a bringall in hot ashes till sufficiently cooked. Scrape out the inside, and mix it with the minced onion &c, and add the milk and vinegar with salt to taste.

#### *Red Pumpkin Salad.*

118. Materials. A slice of red pumpkin, one or two inches thick a large onion, one or two green chillies, a piece of ginger, a table spoon or two of good coconut milk. the juice of a large lime salt to



taste. Directions. Skin the vegetable and cut in pieces, boil it in very little water, but do not let it burn. Throw in a little salt. When boiled press out the water, add to it the onions minced, also the green ginger and chilly cut very fine. Mix this well, and add salt to taste. Stir in the cocoanut milk strained, and lime juice, a little at a time, tasting the salad so as not to make it too sour. If you cannot get a lime, squeeze the milk of the cocoanut with a little vinegar, and use that instead.

### *Square Beans Salad*

118. A dozen square beans, a handful of small prawns boiled and shelled, a table spoonful of white scraped cocoanut, an onion minced, green ginger and chillies minced also. The juice of one or two sour limes. Directions. Wash the beans well, and cut away the ragged edges of the four sides. Cut them in thin slices across, they have a pretty shape then and the pink seeds form a good contrast to the green outside. Boil this with a little salt. When boiled, drain away all the water, put the boiled beans in a soup plate, and mix with it the boiled prawns, minced onion, ginger, chillies and scraped cocoanut. Add as much lime juice as is needed for acid, and salt to taste. Press it into the plate. This is a pretty looking salad, when arranged nicely.

### *Methe Bajee Salad*

119. Directions. Wash the Bajees carefully, cut off the roots, tie the greens loosely in a napkin, and let all the water drain away and the leaves dry. Make the same sauce as for lettuce salad, and mix with the bajee.

### *Cucumber Salad.*

120. Materials. Cucumber, onions, green ginger, green chillies, pounded pepper, vinegar. Directions. Peel the cucumber, and cut it into thin slices, sprinkle with salt and let it stand for some minutes, pour away all the water that it gives out, pressing it gently with the back of a small plate to get as much more as you can. Cut the onions in round rings, and mince the chillies and ginger, mix the cucumber with the last two articles sprinkle pepper over, garnish with the onions, and add sufficient vinegar to flavour and moisten the whole.



### *Salad of Salt Bombloes*

121 Materials Salt Bombloes cleaned (dry) and roasted nicely, some white onions, a piece of fresh ginger minced fine, two or three green chillies, a table spoon of best vinegar. Directions Break up the roasted fish into lengths, splitting them down and removing the inside bone, add this to the ginger and minced green chilly; cut the onions into rings, pour the vinegar over the fish, let it soak well turning it about. Decorate the top with the sliced onions. A nice salad to serve with fish curry.

### *Potatoes to Boil.*

122. After removing the skins, put them to boil in water just enough to cover them, with sufficient salt. Middling sized potatoes take half an hour, and large ones longer. Pierce them with a fork or wooden pin to see when they are sufficiently done. Pour off the water, leave the pot open and let them dry, shaking the chatty occasionally. Reduce the fire considerably. Serve immediately.

### *Mashed Potatoes.*

123 After they are boiled, pour the water away, mash them well adding some butter, and a little salt. Stir and warm before serving if necessary.

To give potatoes a mealy look. When boiled and the water poured away, add a little cold water, and put the chatty on a slow fire and shake often. It must be served immediately, as the frosty appearance soon disappears.

### *Fried Bringalls*

124 Cut the Bringalls into slices,  $\frac{1}{4}$  or  $\frac{1}{2}$  of an inch thick, slightly score each piece with a knife, across and across on both sides, sprinkle a little pounded salt over each slice and keep them aside. Wash and dry them well, then rub beaten egg over each piece, strew bread crumbs well over, with a little pounded pepper, and fry in ghee.

### *To boil French Beans*

125. Put some hot ashes and a live coal in cold water, place this on the fire, and let it boil. Remove from the fire and strain. Put the water to boil again, throw in the beans and boil for half an





hom Salt must not be forgotten. (French beans must be cut down lengthways in three) Drain away the water and sprinkle over them some pepper, and stir in a little butter.

#### *Bendahs*

126 Bendahs are prepared in the same manner, but only sprinkled with pepper.

#### *Yams*

127. Yams are boiled like Potatoes, the skin are not removed. Try them with a wooden pin, if they are easily pierced, they are done sufficiently. Pour off the water, and let them roast on hot coals till they are dried.

#### *Cabbage to Boil.*

128 Directions. Strip off the dead leaves and cut off the stalk. Cut it across and across a little way, at the same end. Tie it across and across in the same direction, with a piece of twine. Wash it well. Put water to boil just sufficient to cover the vegetable, put it in when the water boils. Throw some salt in the water. It will take about an hour. Pierce it with a wooden pin or fork, if tough, boil longer. When cooked, put on the cover of the chatty, and pour off all the water. Remove the cover and place the chatty on a slow fire to dry the vegetable giving it an occasional shake. Remove it into a "Thalee," placing another on top of it and press out all the water that remains. Serve on a hot water dish, sprinkle some pepper, and spread butter over the cabbage.

#### *Sweet Potatoes.*

129, Wash them well,—place them in boiling water, and boil them until they are cooked. Allow them to cool. Remove the skin, cut them down the middle, egg and bread crumb each piece, and fry them a light brown in hot ghee. Serve with Roast meat.

#### *Nolekole.*

130. Nolekoles must be skinned first, and then put into boiling water with a little salt, and boiled till tender. Pass a fork through the stem part, to ascertain when they are sufficiently done. Drain them well, cut each Nolekole in half, sprinkling some pepper over and serve.



*Turnips*

131. Turnips are cooked and served in the same way as Nolkote.

*To boil Cauliflower.*

132. Boil Cauliflowers with a little salt in boiling water, with a little carbonate of soda, if you wish to preserve its colour. Boil them till you ascertain they are sufficiently cooked by passing a fork through the stem. Remove them from the water, and drain them well. Serve them whole.

*To boil Peas*

133. Green Peas should be cooked in boiling water and salt very soon after they are shelled. When they are done enough, drain them and put them into a dish with a little butter. Stir gently till the butter is mixed well with the peas.

*Spinach*

134. *Materials.* Some Mutt Bajee, salt pepper and butter. *Directions.* Wash the greens well, strip the bark off the stems, that are tender, tie them in bunches, and boil them in water, till they are quite soft. When done drain the water off, squeeze the greens as dry as you can. Chop up the boiled spinach and put into a stew pan with a little salt pepper and butter. After stirring it for a minute or two, put it into a dish, form it into shape, and mark into squares with a knife, cutting it through, so that it can be helped easily.

*Mangoe stew for Tarts.*

135. *Directions.* Skin the raw fruit and cut into slices. Have boiling water on the fire, throw in the mangoes let it boil up three or four times then pour off the water quite, make a syrup of sugar put the mangoes in this with a little spice. Put the stew in a soup plate and cover with the crust.

*To prepare Guavas for Stews, or Pies*

136. *Directions.* Cut the fruit in three, if large, remove the seeds, and throw them in a basin of cold water. Make a syrup of sugar and water, and boil the guavas in it with some sticks of cinnamon for flavouring. Add lime juice if liked. Put the crust on



when the stew is cold. A colouring may be given to the stew with burnt sugar

### *White Pumpkin Stews*

137 Materials Two seeds of white Pumpkin or more. Sugar, two or three sour limes, some spice. A table spoonful of Orange Marmalade. Directions. Remove the spouty part of the Pumpkin and its skin, and cut it up into very thin slices, transparent pieces. Cut this into half inch bits. Lay this to dry on a cloth in the air for a day spreading it out, not one piece on another. When dry, throw the pieces into boiling water. Boil till soft. Pour away the water. Make some thick syrup of sugar and water, put in this the pumpkin and spice, stir and cook the stew for a few minutes. (The juice of limes may be added to the syrup.) When to be eaten, stir in a table spoonful of orange marmalade.

### *Plantain Stew*

138. Materials Bassein Plantains. Sugar, Aniseed. Directions. Cut your fruit in halves or slices. Make a syrup of sugar and water, flavoured with whole aniseed, put your plantain in this, stir and let it simmer on a slow fire.

### *Plantain Preserve*

139. This is made by cutting the fruit in halves, and boiling them in syrup, on a slow fire, till the fruit is cooked. It is flavoured with aniseed. It will not keep long as it ferments quickly. It has to be looked at, and boiled and skimmed again, if you wish to preserve it for any length of time. The dried plantains, brought from Bushire make good preserve, and keep long.

### *Gooseberry Stew for Tarts.*

140 The fruit called Gooseberry or "Carrumball" is a pretty fluted fruit—not very useful but pleasant to look on. It makes good stews. Directions. Cut the skin of the edges and cut the fruit in slices. throw it into boiling water, and let it have three or four good boils. Make a good syrup, stir the fruit in this for a few minutes on the fire, or place them together in a soup-plate adding a little spice, and place a puff crust over.



*Mango Fool.*

141. **Materials** Raw green mangoes, cold boiled milk sugar.  
**Directions** Skin and cut up some green mangoes, boil them in a little water till soft, strain the pulp through coarse net, add to it by degrees some milk. Make it into a proper consistency, and sweeten to taste.

*Rice and Methes seed Conjee*

142. For half a tea cup of rice, put two tea spoons of methes seed to soak for five or six hours, or during the whole night, if the conjee is wanted in the morning. Put the seeds to boil with a tea cup of water, when the water dries, add the rice well washed and about two tumblers of water. When the rice is cooked, add the milk of half a cocoanut and sugar to taste. Let the conjee simmer on a slow fire. Buffalo or cow's milk can be substituted for cocoanut. Sweeten with either sugar or clean jaggery. The latter is preferable. Cardamon seeds are liked by some people in methes conjee.

*Wheat Conjee.*

143. **Materials.** Half a seer of wheat (local measure) picked and cleaned. The milk of a whole cocoanut, jaggery or sugar to sweeten it, cardamon seeds. **Directions** Sprinkle the wheat with a little water, and pound it either in a wooden or iron mortar, sift the bran. Repeat the process twice or thrice or till the wheat looks white. Put it to boil in three or four tea cups of water. It will take about an hour and a quarter or longer. When the grains feel soft, add the watery cocoanut milk, which must be about a tea cup, and the cardamon seeds. Add the thick milk and sugar some minutes before you remove the conjee from the fire. After the conjee comes to a boil let it only simmer till the wheat is cooked.

*Rice Bread.*

144. Wash the rice and dry it in the sun, then get it ground or pounded fine. Sift the flour through a muslin sieve. Put it into a handee, mix a little salt with it, and pour over it sufficient boiling water to form the flour into a dough, stirring well. Cover the dough and let it stand for half an hour, if not wanted immediately. Knead





t well and form the cakes on a towel (The experienced have a clever way of beating the cakes out into shape on their hands) Heat a iron plate, and bake one at a time Let one side get nicely roasted, then heat the other side Turn the cake quickly from side to side. When it feels sticky to the fingers, it is sufficiently baked.

### *Wheat flour Scones*

145. Materials 1 lb Pearse's flour, three table spoons of ghee, salt Directions Keep a good handful of your flour aside, put the remainder on a heap on your board, make a hole in the centre, throw in about a salt spoon of salt, and water enough to make the flour into a stiff dough. Work it well till it feels soft to the touch. Flour your board, and lay the dough on it, strew flour over the lump, and work it out with the bellen into a sheet 14 or 16 inches square. Rub ghee over this, sprinkle some flour over, and either roll it up, or cut into squares, place one piece over another, and roll out with the "Bellen" again. Butter again, sprinkle flour over, and cut into squares. Place one piece over another, roll out and cut into cakes with a saucer. Place the outtings one piece over another, roll and make an extra cake. Fry the cakes in the remainder of the ghee, using more if needful.

### *Rice bread and Coconut with Sugar.*

146 Directions. Clean and wash the rice, and leave it for five or ten minute to dry, on a cloth over a mat in the air. Pound and grind it fine, to half a lb. of flour, mix the scrapings of half a coconut and a little sugar. Pour over this hot water sufficient to knead it into a dough. Form it first into balls, and then into round cakes on a towel by beating it out with your hand. Heat a "Thoa" and bake one side at a time Each cake must be placed on buttered plaintain leaf, and covered with the same and thus baked. The cakes can be made either thick or thin.

### *Short Bread quickly made.*

147. One lb. of Rolong, three table spoons of butter or good ghee, a little milk, 4 oz of sugar or as much as will sweeten the whole, a few almonds blanched and halved, cardamon seeds. The last two items can be omitted. Directions. Put a clean "Thoa" on the



fire with two spoons of clarified butter, when the latter melts, stir in the Rolong and fry it white on a slow fire. Stir it carefully till you find it is quite cooled. Remove it from the fire and stir in the almonds if you wish to add them. Put a stew-pan on the fire with a quarter seer of good milk boil this with the sugar adding the remainder of the butter. As soon as the milk boils, stir in carefully the fried Rolong. Press it to soup plates. To be eaten when cold. Less butter may be used.

### *Rice Balls.*

148 Materials. A seer of Patillico cleaned, washed, and rather coarsely ground, a seer of sugar made into a thick syrup, one and half coconuts, a table spoon of an seed pounded into fine powder and sifted. Directions. Sift your flour and keep half a tea cup of the finest portion aside. Scrape the coconuts fine, allowing none of the fibres or dark portion to fall in. Put a large non "Thoa" on a moderate fire, place on this your fine flour, stir and let it roast but do not allow it to get brown. When it tastes cooked, remove and keep it aside. Then mix the coconut scrapings and the rest of the flour together on the 'Thoa,' stir and cook this taking care it does not burn. It will take about twenty minutes. Let this stand. Put your syrup on the fire when it feels sticky, take it down and mix in quickly the flour. Dress the mass into balls, roll each ball in the fine flour and make it smooth and round, They quickly harden. They must be moulded while warm, or they will break, so two or three pairs of hands are needed.

### *Hulwa of Wheat flour or Rolong*

149 Materials. One lb of flour or Rolong one lb. of sugar made into a thick syrup, one lb. of ghee, if the sweetmeat is made of flour, perhaps half a lb. will be enough, if made of Rolong, a few blanched almonds, some cardamon seeds, a tea spoon of juitron to be steeped for colouring in half a wine glass of Rose water. Directions. Warm some very good ghee, and stir well in it the flour, when this is well cooked, add the almonds, then pour in the syrup, stir well on a slow fire for some minutes longer. Add the rose water and cardamon seeds. When thick, press the hulwa into soup



plates, and let it stand till quite cold. It will need some hours to harden. Press the sweetmeat with a spoon, and remove as much of the ghee, (when the halwa is made) as you can.

#### *Hulwa of Mangoe Stones.*

150. Directions. Remove the seeds from the shells and dry them several days in the sun. Pound them into flour and weigh it, in order to know the quantity of sugar and milk it will require to make the hulwa. Put the flour in a chatty, and pour water over it to remove its bitterness. Renew the water morning and evening for three days or till it has quite lost its bitter taste. Mode of preparation. For  $\frac{1}{2}$  a seer of flour press out the milk of one coconut and have one seer of goggy, mix them all together stir the mixture on a slow fire till it becomes thick. Pour it into buttered plates to cool.

#### *Comlong Hulwa.*

151. Materials. Comlong or vegetable marrow, sugar, cardamom seeds, butter, cut almonds or plums if you wish. Directions. Remove the skins and cut the vegetable in pieces, four inches long and two broad. Wash the pieces and grate them on a tin grater. (These graters are sold in the bazar for an anna each). Put the scrapings to boil in its own water, stirring occasionally to prevent it burning. When the water dries put in the sugar, which must weigh as much as the vegetable. So if the vegetable weighs two lbs, the sugar must be two lbs also (or a little less if you find it too sweet). Weigh the boiled vegetable when its water dries. For two lbs of Comlong have one lb. of good butter. Stir in the sugar and let it simmer,-- when the mixture dries and begins to stick to the bottom of the pan, add your butter by degrees, stir and simmer till the mass thickens. Add the almonds and cardamom seeds some minutes before the hulwa is quite done. When the hulwa is sufficiently thick press it into a buttered dish, smooth it down, and let it cool and harden. The sugar must be clarified if not perfectly clean.

#### *White Pumpkin Hulwa or Cheese*

152. Materials. Pumpkin, Sugar. Directions. Remove the pith and seeds, and scrape the firm part on a grater. Put the scrapings on a coarse towel, pour water over it and wash it well. Let all the water drain off through the towel. Weigh the vegetable and



make its weight of sugar into a syrup, stir and simmer them together, adding a few cardamon seeds if liked. Press into buttered plates when sufficiently thick. To be eaten when cold.

### *Plantain Hulwa or Cheese.*

153. *Bassein Plantains Syrup a little ghee* *Directions* Weigh the plantains and allow  $\frac{3}{4}$  or a lb of sugar for a lb of fruit, make the sugar into syrup. Boil the Plantains in their skin, cut them open, remove the threads and black specks in the centre. Mash it well, stir it in the syrup and simmer on a slow fire, till it begins to stick to the bottom of the pan, when pour a little clarified butter round the sides of the chatty, a desert spoon at a time. When you can form it into balls with your finger remove and press the cheese into buttered plates. You may omit the butter altogether,—do it as you do guawa cheese.

### *No. 1 Tart Crust.*

154 *Materials* Half a lb flour, half a lb. of Rolong. Half a sear of clarified butter or the best ghee. *Mode* mix the Rolong and flour together on the paste board. Add the butter or ghee and mix well with sugar to taste—knead into a ball—sprinkle flour on your board and roll to the size required.

### *No. 2 Tart Crust.*

155. *Materials.*  $\frac{1}{2}$  lb of Rolong,  $\frac{1}{2}$  lb. of flour, 4 oz. butter, two eggs and enough sugar to sweeten the whole. Mix the Rolong, flour, sugar and butter together, break in the eggs, and mix quickly. Add a little water or milk to moisten it, knead quickly. Line the edge of your dish with strips of your paste, fill in the stew, put the paste over the dish, and cut away what hangs over. Press some pattern round the rim, and cut the dough that remains into the shape of leaves for the centre, and bake the tart.

### *Plantain Fritters.*

156, *Materials.* Eight Bassein Plantains, two eggs, one table spoon of sugar, a tea cup of pure milk and one of flour. *Directions* Mash up the plantains, add the rest of the materials. The eggs must be simply broken and mixed well with the other things.





### *Sweet Potatoe Fritters (Crow's Nest )*

157 Materials One lb sweet potatoes,  $\frac{1}{2}$  lb. of rice flour, two eggs Sugar made into syrup Cut the potatoes in long bits like stalks of grass. Make a thick batter of the eggs and flour with water, (and salt perhaps) Directions. Put a table spoon of cuttings in a saucer pour over this two desert spoons of batter, form it into a round form Have boiling ghee or oil on the fire and place one fitter carefully on the frying pan Place each when done on a dish and pour syrup over There must be plenty of ghee. This is a very pretty dish.

### *Bombay Pudding.*

158 Materials Three quarter seer of Rolong  $\frac{1}{2}$  seer of milk. Two eggs, a little flour, some sugar made into syrup Directions. Boil the Rolong and milk together till it thickens. Let this cool. Break two eggs and mix them with the dough. Flour a board and lay it upon it sprinkle flour over it, roll this out and cut into diamond shape and fry or bake. Serve with syrup over

### *Pancakes.*

159. Materials One lb. of fine flour, one seer of milk, one doz Eggs Beat the eggs well in the handoo, stir in the flour and milk. Put a small frying pan on the fire, when it gets hot, rub a little ghee on it, pour a spoonful of batter in it. When the cake is firm, sprinkle some sugar over and roll it in folds in the pan. Only one pan cake can be made at a time Place each when made on a hot dish. (When one side is baked, it can be turned, and do the other side the sameway. Remove on a plate sprinkle sugar and fold.)

### *Rolong Pudding.*

160. Materials. Half a lb. of rolong, a seer of milk, eggs four to six, sugar, plums, nutmeg, butter Directions. Boil  $\frac{1}{2}$  seer of the rolong in the milk, stir till thick. Let it stand to cool Add the eggs well beaten, sugar to sweeten it, a few plums, grated nutmeg and butter. Stir the pudding well. Butter a basin or dish, and either boil or bake it. A quarter seer of milk may be added to the beaten eggs.

### *Vermicella (Country) Pudding.*

161. Pick out any sticks from the vermicella, have boiling



water in a chatty, throw in a couple of handfull of it into the boiling water with some salt. Let it briskly boil for about ten minutes. Then pour off the water, turn the pot and let it drain quite away. Pour half a seer of milk over the vermicolla, add 3 or 4 oz. of sugar, stir on a slow fire till it begins to thicken. Then let it stand to cool. Beat the yolks of six or eight eggs and add to it with grated nutmeg. Beat the whites to a stiff froth, and stir with the rest, reserving a little of the froth to cover the pudding. Grate nutmeg on the top, and bake in a slow oven. Plums and cut almonds may be added if liked.

#### *Cocoanut Rice Pudding.*

162. Materials. A cup full of rice washed and soaked for some hours, the milk of a whole cocoanut,  $\frac{3}{4}$  seer of jaggery, a few aniseeds. Directions. Keep two table spoons of the thick milk of the cocoanut aside. Boil the rice, cocoanut milk, ghee and aniseed together on a moderate fire, stir that it may not burn, reduce the fire and let it simmer only, when the rice is nearly cooked. When it thickens, add the thick milk of the cocoanut. Let it get quite cold before being eaten. The pudding may be slightly baked after it is boiled. It is nice for children's tiffin.

#### *Lemon Pudding.*

163. Beat the yolks of four eggs well, with enough sugar to sweeten the pudding. Add the juice of one or two lemons. Beat this well together and add half a seer of pure milk. Stir together some minutes, and pour into a cup previously rubbed with butter. Place the cup in boiling water the latter rising half way up. Let it boil till the pudding becomes hard. On the cover of the handker, place hot ashes and coals, which require renewing. The milk must be pure.

#### *Rice Pudding.*

164. Materials. One  $\frac{1}{2}$  seer glass of clean rice washed in three or four waters, and ground on a towel with the bellon, one seer of milk, 6 eggs, sugar to taste, a little butter. Flavour with a few drops of vanilla or a stick of cinnamon. Boil the rice in  $\frac{3}{4}$  seer of milk till it swells, adding salt. Stir in a tea spoon of butter. Let it stand to cool. Beat up the eggs well, add sugar to taste, and stir in the remainder of the milk and boil in a sneaker placed in boiling water.



If cinnamon is used for flavouring boil it with the milk and rice, and remove it before the custard is added.

### *French Pudding, Quickly Made*

165. Materials. Half seer of milk 6 eggs. Two slices of stale bread either crumbled up in your hand or just dipped in boiling water and pressed, letting all the water drain off. Make a good custard of the milk and eggs, strain it in the bread and steam in a deep dish. When boiled, spread butter over it and sprinkle it thickly with sugar and cut in slices.

### *Pumpkin Pie*

166. Materials. A desert spoon of aniseed pounded one seer of rice flour (local measure) the thick milk of one coconut, 4 eggs, 3 seers of red pumpkin, enough sugar to sweeten the mass. Directions. Cut the vegetable in pieces and let it boil in very little water with salt. Mix the rice flour, milk sugar and eggs beaten up together with the boiled vegetable. The latter must be cold when the eggs are put in. Stir this well together—it must be a thick batter. Line a chatty with plantain leaves butter this well, pour in the dough, cover the chatty with a “thoa”. Have a slow fire below and above and bake for two or three hours. The pumpkin must be a fine one and of a nice red colour.

### *Coffee*

167. The coffee is best fresh roasted, allow two tea spoons of the powder for one tea cup of coffee. Place the powder in your chatty, mix it with a little water first, adding as much boiling water as is wanted. Stir and place the pot on the fire, when it boils up, dash in a little cold water to settle it. Cover the coffee and let it stand for a few minutes, then pour it carefully away from the sediment.

### *Coffee made with Jaggree.*

168. Materials. Coffee powder Jaggry. Directions. Allow four tea spoons of coffee to four or five tea cups of water with good enough to sweeten it. Stir and place this on the fire well covered. Let it boil and keep simmering for ten minutes. The “Aroma” it gives out will tell, when it is sufficiently done. Strain and pour into cups.



### *Bread and Butter Pudding*

169. **Materials.** Half a loaf of stale white bread, three quarters seer of pure milk, six eggs, sugar, plums, grated nutmeg. **Directions.** Cut the bread into thin slices, remove the crust, and butter each piece. Beat your eggs well. Butter a pie dish, dip each slice of bread for a minute into the milk, and put a layer of bread at the bottom of the dish. Sprinkle over this some plums that have been nicely washed and dried, and a little nutmeg. Repeat this process till you have almost filled your dish. Make the eggs and milk into a custard, add enough sugar, pour this over the pudding, grate nutmeg on top and bake.

### *Custard Pudding.*

170. **Materials.** One seer pure milk boiled with a stick of cinnamon or a piece of lime peel, six eggs. Sugar enough for sweetening, nutmeg, a few sweet almonds blanchéd and cut in fine slices. **Directions.** Break the eggs and separate the whites from the yolks. Put the last in a bowl and beat them well. add the milk throw away the peel, and stir both well together, add as much sugar as you need to sweeten the pudding. add in the almonds and the whites beaten to a good froth. Mix all well together and pour into a buttered dish, grate nutmeg on the top, and bake.

### *Sago Pudding*

171. **Materials.** Three table spoons of sago, one seer pure milk, nutmeg or cinnamon, sugar six eggs, bread crumbs. **Directions.** Soak the sago for some hours,—boil it in half a seer of milk, and let it stand to cool. Make a custard of the rest of the milk and the eggs well beaten. Add as much sugar as will sweeten the pudding, mix this with the sago and bread crumbs. Flavour with powdered cinnamon or grated nutmeg, put the mixture in a buttered bowl or pie dish and bake or boil.

### *Plum Pudding.*

172. **Materials.** The crumb of a lb loaf of stale bread, first sort grated,—half a lb. of fine flour, half a lb of kidney suet chopped fine, a lb. of Sultana raisins stoned, a lb of currants nicely washed and dried, two or three ounces of candied orange or citron cut small, four or five oz of sugar, a tea spoon of salt, one





putmeg grated a stick of cinnamon pounded and sifted through a sieve  
 into the eggs. Directions. Place all the materials in a large bowl,  
 stir and mix them. Separate the white from the yolks of the eggs,  
 beat the former to a good froth. In another cup beat the yolks  
 well, add to them a few spoons of water, make just as much liquid  
 as with the white of the eggs will form the pudding a stiff mass.  
 Stir the yolks first into the mixture, lastly add the whites. Mix  
 the mass thoroughly. Dip a cloth into boiling water, drain, spin-  
 kedry flour over it tie the pudding in this a little loosely and boil for  
 four or five hours. It must be put into boiling water in a well sized  
 sauce pan. Keep a kettle of boiling water near it to renew the  
 water as it wastes. The mixture must not be allowed to stand  
 after the eggs are added, hence ascertain that the water is boiled  
 before you send the pudding down to the kitchen. If this is neg-  
 lected it becomes heavy. You may substitute some spoons of  
 milk for the water should you prefer doing so, and cut the mass  
 into two or three pieces, and should you like your pudding to have  
 a dark colour beat in some sugar to give it a colouring.

#### *Poley Purey or Native festive Cake*

173 Materials One lb of 1st sort flour, one seer of Chenna  
 Dhall, one seer best goor, a little cinnamon, a large piece of dry  
 ginger, one tea spoon of pepper,—the last three articles are to be  
 pounded together and sifted, a little salt. Directions. Make a  
 dough of your flour with salt and water, work it well for a consi-  
 derable time. Cover it with a wet cloth and let it stand. Clean  
 the Chenna and put it in boiling water with a tea spoon of salt, and  
 cook till the seeds are perfectly soft. Drain off all the water. Mix  
 the goor, pounded pepper, ginger and cinnamon with the boiled dhall  
 well together. Grind this into a smooth mass, and keep aside.  
 Have a clean stone, rub some sweet oil or ghee over it and the roller,  
 put your dough on it, and pound it till it feels soft. Get your paste  
 board well washed and dried, sprinkle a little flour over it,—take a  
 piece of dough in your hand as large as an orange, make it into a  
 ball, and form this into a shallow cup, fill this with the sweetmeat,  
 work the edges over, lay the cake on the board and with the "Bellen"  
 make it as large as a saucer, first sprinkling it over with dry flour.  
 Bake it on a 'Thoa' with ghee. The 'Thoa' must be of thick iron,  
 and scrubbed well with a piece of tile before being used.



### *Plum Cake for a 3 lb Cake*

174. Materials Ten oz sugar, 10 oz butter, (stale) one seer almonds cut in slices and dried in the air (not sun) 3 days, one seer currants cleaned and dried in the same way, some slices of citron or orange, one tolah cara vay seeds, seven eggs, and a nutmeg Directions Put the butter and sugar together and stir them well, add the roloug and the yolks of the eggs, first well beaten. Stir this together. Beat the whites to a stiff froth in a separate dish, add a spoonful of flour and one of froth at a time to the rest Lastly add the currants &c Line a tin with double paper at the bottom, and a sheet of paper all round well buttered. Pour in the mixture, leaving 4 fingers from the top as the cake will rise two finger and the sugar is required to be one finger thick

### *Icing for Plum or American Cake.*

175. Materials The white of an egg, six or eight ounces of sugar pounded and sifted through the finest muslin, or L'oise's crushed loaf sugar. Half a sour lime, a little rose water. Directions. Beat the white of the egg just enough to break it for a minute or two. Then add six or eight ounces of sugar Beat this for half an hour, adding a drop of the lime juice occasionally, and a few drops of rose water. Cake must be iced the day after it is made, when it is quite cold, and must be allowed to stand till the frosting hardens. For the frosting of the American cake omit the lime

### *Portuguese Almond Cake*

176. Materials One lb butter 1 lb almonds ground fine, 1 lb. roloug, 16 eggs, 2 lbs. finely powdered sugar, 2 wine glasses Rose water The butter ought to be 1 or 2 days old. Mix the butter and sugar well together, then throw in the ground almonds, add the roloug and the yolks well beaten, then the whites beaten to a firm froth. Rub the pan well with butter, pour in the ingredients a finger or 2 less than the tin, and bake. Cover the top of the cake with buttered paper to prevent it burning

### *Bole the Bath, or Sponge Cake*

177. Ingredient 1 doz eggs, 2 tiprees of Roloug (1 lb) 2 wine glasses of Rose water, 2 tiprees of sugar (1 lb.) pounded and sifted. Directions. Beat the yolks of the eggs well, and the whites sepa-



ratoly to a good froth, which mix with the yellow, then add the sugar, stir well and add the Rolong some spoons at a time salt if you like, the Rose water and pounded cardamom Have thaloes well buttered and sprinkled with Rolong, pour in the mixture, leaving the space of an inch for the rising of the cakes Currants and sliced almond if liked can be sprinkled on top.

N. B.—I think a lb of sugar is very often too much, under some circumstances, a doz eggs do not always allow a lb. of flour to be mixed with it, and hence with a lb. of sugar the cake becomes too sweet

### *Seed Cake*

178. Materials. A doz fresh eggs one lb. Rolong or Pearso's flour or half of each. (The Rolong must be Baker's) one lb. of white sugar pounded and sifted one lb of butter a day old, one tola caraway seeds Directions. Separate the yolks from the whites of the eggs beat them well separately. The whites to a stiff froth the yolks till they look whitish Beat the butter to a cream with the sugar, till the mixture feels smooth to the touch. If you make your cake of half Rolong and half flour, mix the yolks and stir well to the sugar and butter, then the rolong. Stir well, Then add in a spoon of flour and a spoonful of the whites, at a time, stirring all the while Lastly add the caraway seeds Bake the cakes in buttered "Thaloes" leaving space for the rising.

### *Cocoanut Cake.*

179. Cocoanut cake is made by adding some nicely scraped cocoanut to this mixture I use in the mixture for seed cake, stirring it for a minute or two, before pouring it into buttered tins for baking.

### *Kull Kulls or Painthefieeths.*

180 Materials. One seer of rice flour, milk of one cocoanut, two eggs only broken and mixed with the dry flour, one tea spoon of salt. Knead this well together into a dough, and work it well till the dough is soft Keep it covered with a damp cloth to prevent its drying. Take a little of the paste at a time, and form into small balls like the size of a marble Rub a little ghee on the palm of your hand and on whatever you shape it with. Make the balls into different shapes and fry them in plenty of best ghee. As they are too small to be turned, they must be left in the ghee. The colour must be a light brown. Carapal the kull kulls the day following.



*Icing for Kull Kulls.*

181. **Materials** For one score of Kull kulls, make a quarter score of sugar into a thick syrup, let it simmer, put in the kul-kulls, stir till it dries on a very slow fire

*Cordiol or Almond Rock.*

182 **Materials** One lb. of Almonds blanched, either cut in thin slices, coarsely powdered, or ground, 2 lbs of sugar to be boiled in a little water, coloured with cochineal, and a wine glass of best Rose water **Directions** When your syrup gets thick, throw in your almonds, stir till it thickens, on a slow fire. Have a clean board well buttered, and some plantain leaves or white paper well greased. When the sweetmeat thickens, pour it on the board, place the plantain leaves over the mass, and with the bollen roll it out to the thickness required,  $\frac{1}{4}$  of an inch usually.

*Mass-pow or Almond Paste.*

183 **Ingredients** One lb. very fresh almonds purchased in the shell. Two lbs the best white sugar ground and sifted in the finest muslin, Rose water, the whites of two eggs. **Directions** First pound the almonds which must be previously skinned and dried, then grind them with a little rose water, very fine to a paste, When the almonds are ground, so that not a particle of grain is felt in the mass, add the whites of the eggs beaten to a good froth,—the sugar and a wine glass of rose water. Stir this mixture on a slow fire till of the consistency of wax. Remove it to a large dish, knead well,—sprinkle the shapes either with corn flour or powdered sugar, make the paste into a ball, and press over the shape. Should the paste be dry, add rose water sufficient to moisten it.

*Sweet Puffs.*

184. **Materials** A lb of fine flour made into puff paste either with suet or butter according to the recipes given out into small cakes, and filled with mincemeat made thus Get middling coarse Rolong a tea cupful, warm about three table spoons of ghee, and roast the rolong on a slow fire, but dont let it get brown. Have a tea cup of scraped cocconut, some cut almonds and plums ( $\frac{1}{2}$  a tea cup of each) and pounded cardamons, add this to the rolong stir and let the whole roast a few minutes Sweeten with sugar. Remove from the fire and fill in the puffs You may bake or fry them. Rose water may be added.





### *Steamed Cakes of Rice Flour.*

185. Materials. Patna rice cleaned, washed, pounded and ground, one lb. Half a large coconut, the white portion scraped. Half a seer of goor or as much as will well sweeten the coconut, some pounded cardamoms. Directions. Mix the coconut scrapings and goor together, and place this on a clean cloth on a slow fire, stir till the water dries. Measure your flour and to every tea cup of flour allow a tea cup of water. Work the water into it in the flour. For ten minutes, let it remain covered. Remove from the fire and knead the dough well as it dries rub a little water on your hand, form the paste into round balls and then each into a small cake,—fill in the sweetmeat, adding the spice, and steam the cakes. The steaming is thus done. Have some boiling water in a chatty on the fire, place on this a perforated tin stand, on which you may place the cakes, till they are cooled. Or tie a cloth over a chatty of boiling water on the fire, and lay your cakes on this. Cover to keep the steam in. The water must not touch the paste.

### *Egg Hoppers.*

186. Materials. Two lbs. of rice pounded and ground fine, a tea cupful of Toddy, two dozen eggs or a few less, the milk of four coconuts,  $\frac{1}{2}$  seer of butter, two desert spoons of salt, and sugar sufficient to sweeten the whole. Some ghee to rub on the chatty. Sift your flour through a fine sieve of muslin. Clean the coarse flour remaining, by removing from it any stones there may be in it. Make this into congee putting in the salt. When the congee is made, take the pan from the fire, and stir in the remainder of the flour, add the toddy and knead it well, add as much warm water as will make this into a batter. Knead the dough thoroughly till it resembles sponge. Cover the pan over with flannel and keep the dough in a warm place so that it may rise. In the morning squeeze the milk from the scraped coconuts with warm water, and put it to the dough, add the eggs well beaten, sugar to sweeten it, and the butter. Have an earthenware chatty to bake the hoppers in, and another for the cover. Beneath and above one and the other, have hot coals. Rub some ghee inside, and when the chatty is well heated, pour a coconut spoonful of batter in it, place the cover and bake. When one cake is done, remove rub the chatty with ghee and do another in the same way.



### *Leavened Rice Sponge Cake.*

187 Materials. Two lbs of rice washed, dried and pounded very fine. Two pice "coommeer," a tea cup of milk from a good cocoanut, sugar to taste. Plantain leaves for the lining of the chatty, ghee. Half a dozen eggs. Directions. Sift the flour, and make the rolong remaining in the sieve into a congee with salt. Stir the fine flour into this with the leaven or "Coommeer." Mix this into a paste as stiff as for rice bread. Put this into a handee, tie a muslin over the mouth, and place it out in the hot sun to rise. When it has sufficiently risen, add a tea cupful of cocoanut milk and six eggs well beaten. Add sugar to taste. Stir well. Get a handee such as is used for making Madras hoppers six inches in depth, line this with plantain leaves rubbed well with ghee. Pour the mixture two or three inches thick, cover with a similar chatty heated well with plenty of coals, and have coals below. Bake each cake twenty minutes. When one cake is done, do another in the same manner and renew the leaves if needful. I cannot say how much is two pice Coommeer, Riddell allows three tolas weight for two lbs. of flour.

### *Cocoanut Toffy*

188 Have 3 seers of jaggery and 2 or 3 cocoanuts. Make a syrup of the water of one cocoanut and the jaggery. Scrape the cocoanuts very fine and mix with the syrup, stir and boil till of a proper consistency. When you can form the toffy into stiff balls, remove from the fire and press it on a buttered dish.

### *Nankaties.*

189 Materials. Ghee, sugar, rolong,—the same weight, a few almonds, a few cardamoms, a little milk, a little fine flour. Directions. Crush the sugar fine and mix with the ghee, beat them together with the hand till the mixture feels quite smooth to the touch. Add some whole almonds that have been blanched and some cardamoms, mix in the rolong and add a little flour. The flour must be one quarter the weight of the rolong. Work the mass into a dough, if too stiff add a few spoons of milk, form a piece into a ball, press down into shape, put a few almonds over each cake, lay them in rows on a baker's tin, some inches apart, and bake for a few minutes a light brown. I think the butter and sugar can be much lessened. Try it with half the weight of the flour and Rolong.



### *Coffee Biscuits*

190 Materials A tea cup of sugar, a tea spoon (level) of carbonate of soda, two (level) tea spoons of cream of tartar two thirds of a cup of butter or good ghee, and as much flour as it will take to form the whole into a dough. Directions Crush the cream of tartar to a smooth powder, crush also the sugar mix the soda with half a tea cup of water, mix all the ingredients together, work the mass well and cut into small cakes and bake. An egg well beaten may be added or only the white. To be served with coffee.

### *Ginger Biscuits*

191. One lb of Bipty's flour, one lb jaggery cut fine,  $\frac{1}{2}$  lb. clarified butter or good ghee, mix altogether with as much powdered and sifted dry ginger as you like. Taste the composition. Knead well, form the paste into balls, and press into the shape of biscuits. Bake them crisp.

### *Guava Cheese*

192 To remove the skin, throw the fruit into boiling water for a minute or two. Remove and peel the fruit, cut the guavas in halves and remove the seeds and lay them aside. Boil the fruit in very little water until they become soft. Keep the water the fruit was boiled in for its syrup. Grind the boiled fruit very fine and strain through a coarse towel or net, strain also the pulp from the seeds. Make a syrup (allowing  $\frac{1}{2}$  lb of sugar to a lb. of fruit) with the water in which the fruit was boiled, boil the pulp in this. Stir carefully and constantly lest it should burn. Fry a little when you think it is sufficiently done to us — let a little stand to cool, form it into a small ball with your finger, and if sufficiently stiff, put the cheese into buttered moulds. Cover when cold with buttered paper.

### *American Cake*

193. Materials One and a half pound of best flour. One lb of butter, (hard) a lb and a half of sugar, 18 eggs, and one and half a coconut scraped fine. Directions Pound and sift the sugar, and keep  $\frac{1}{2}$  lb for the frosting. Beat the rest with the butter well, whip the whites of 12 eggs to a firm froth and stir with the butter and sugar, gradually add the flour with half a tea spoon of baking soda and half a tea spoon of cream of tartar. Line a tin plate an inch high with paper well buttered, pour in the mixture till the tin is half full, and bake in a quick oven till a light brown. There must



the six layers. As one cake is baked, ice it all over, sprinkle some fine white cocoanut all over and place another over this, ice again. Repeat and ice the whole over. Each cake is to be six inches in diameter. The remainder of the whites use for the frosting.

### *Ladies' Cake*

194 Materials. One and half ounces of butter beaten to a cream, the white of four eggs beaten to a stiff froth, a little orange peel minced fine, four oz. of sugar and three oz. of flour. Beat the butter well, add the sugar pounded and finely sifted, beat together till quite smooth, add a little flour at a time, and beat well. Stir in the whites, mix quickly and bake. This makes a delicate cake, and similar to the one named American cake.

### *Guava Jelly*

195 Materials. Two dozen large guavas, sugar, limes or cinnamon. Directions. Skin the fruit, cut it in halves and put it to boil with just enough water to cover it. Let it boil till the fruit is quite soft. Pour this into a jelly bag, and let it drip into a large bowl below without any pressing for several hours or a whole night. Weigh the juice and put three quarters of a lb. of sugar to a lb. of juice. Set this to boil on a moderate fire, skim carefully, and stir often or your jelly will get discoloured. You can add lime juice, but you must strain it first and don't put too much of it. Let it simmer, constantly stirring it. When it gets a little thick, put a little of the jelly on a plate, and if when you cool it is done enough. Be very careful that your bottles are clean and dry, and pour in the jelly before it becomes quite cold. Some sticks of cinnamon boiled in a little water and added to the syrup, gives guava jelly a superior flavour. No lime juice must be added then. If the sugar is not the best, it ought to be made into a syrup before mixing it with the juice of the guava.

### *Roselle Jelly*

196. Materials. Roselle sugar. Directions. Before you wash it weigh the fruit after the seeds are removed, then wash it very carefully. To one lb. of fruit add two and half cups of water and let it boil gently. Strain the juice through a coarse towel without pressing,—let it drip a whole night. For one tea cup of juice allow one cup of the best white sugar, put this into your preserving pan, set it over the fire and keep stirring the jelly until done, carefully remove the scum as it rises. When it begins to get thick, put a little





on a plate and if firm when cool, it is done enough. Should your sugar be second rate, mix the white of an egg well beaten and its shell to it before adding the Roselle juice, put this on the fire, when it boils skim it well and strain it. Put the juice again on the fire, and remove the scum as it rises. The colour of this jelly is spoiled sometimes because the fruit is burnt while being boiled. Jelly must not be covered before it is quite cold. Stand the bottles you pour it in, in cold water. If not sweet enough, add more syrup to the jelly.

#### *Roselle Preserve.*

197. Weigh the fruit, allow an equal weight of sugar to a lb of fruit. Wash the roselles and drain away all its water, or merely clean each piece carefully, wiping it in soft cloth, and remove all decayed portions. Make the sugar into a thick syrup throw in the fruit a little at a time, stir, boil, remove the scum, and simmer till the fruit is cooked, and the syrup sufficiently thick. Bottle when cool and stopper when cold. This will answer well for tarts.

#### *Orange Marmalade*

198. Materials. Juicy Oranges with nice red skins, sugar, sour limes. Directions. Take as many oranges as you need for Marmalade, cut them in two, and squeeze the juice into a large bowl, strain this to remove the skins, films and seeds, add its own weight of sugar, to the juice and keep stirring till it boils. Skim it and let it boil on a moderate fire, till you find it hangs on the spoon. Bottle it when cold. Throw the peels into strong salt and water for two or three days, boil them in fresh cold water till tender. When boiled throw the peels into a bowl of cold water. Scrape out the white pulp from the inside, which throw away. Press away gently the water from the peels by dabbing them with a soft cloth. Cut them into strips in short lengths, boil again in the same weight of sugar as the skins weigh. Stir and simmer until the marmalade begins to get thick, when it will have a bright golden colour. Add to this the juice you prepared the first day, and boil all together for a few minutes. Should you wish to add lime juice, strain it through muslin first, and allow double its weight of sugar. If your sugar is not the best, clarify it before using it, and skim very carefully. The bottles and jars must be well washed and dried most carefully, before they can be used for marmalades &c



*Mango Marmalade*

199. Materials. Raw Mangoes of a good kind, having no threads, sugar. Directions. Cut your mangoes, after removing the peel or a tin grater to one lb of mango pulp, add two lbs. of the cleanest and best white sugar, boil this together on a moderate fire skimming carefully and stirring constantly. When sufficiently thick remove it from the fire and pour it to jars. When cold, cover the jars, and set aside for use.

*Mango Jelly.*

200. Cut the pulp of ripe mangoes, put it to boil with water just sufficient to cover it boil gently till quite soft. Strain the juice through a coarse muslin towel, to every pint of juice add one and half lb of best white sugar place this on the fire stirring often or the jelly will burn and discolour. Boil gently and skim it carefully. When it sets, remove pour into jars,—cover when cold.

*Mango Jam*

201. Boil the raw pulp in the same way till soft, when rub it through a piece of new curtain net, add double its weight of sugar or a little less sugar and boil the jam till sufficiently thick, removing the scum as it rises. Bottle when cool. If the sugar is not the best, clarify it before using it for jellies and jams.

*Tamarind Jelly or Jams.*

202. Take some red tamarind (row is the best,) remove the seeds wash the fruit, and soak it for some hours in cold water, boil it gently in the same till quite soft. Pulp it through a piece of coarse net, add double its weight of sugar, or as much as will sweeten the jelly, either in a dry state or clarified. Boil gently and stir till of a proper consistency. Bottle when cool. Tamarind jellies very quickly.

FINIS.

